

Dry Eye Disease in Covid Era - How Ocular Surface is Effected

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Most common symptom observed in this covid era is dry eyes and negative impacts on health of the ocular surface. Pre-covid time, dry eye cases are 10% and during this covid era, dry eye cases have increased tremendously to 60% in all age groups. In particular, what we have observed are few mechanisms responsible for the onset for the dry eyes worsening or increasing symptomatology.

Main causative factor for dry eyes is increased digital screen time due to smart learning or working from home or mandatory e-learning followed by less blinking or prolonged blinking intervals while gazing at visual displays(vd). Other factors are wearing face mask continuously or incorrect fitting of face masks or displacement of masks makes air leakage around the eyes can cause rapid evaporation of tears which can lead to squamous metaplasia of ocular surface and also eye inflammation, abrasion of corneal surface, corneal ulcers and vision loss. If left untreated, it can decrease quality of life, as severe dry eyes can make it difficult to perform everyday activities, such as reading, writing, driving.

The prevalence of dry eyes in the community ranges 24% to 40%. In our clinical study found out that 35% of cases with mild to moderate symptoms of dry eye and 85 % of cases with severe symptoms. It can be evaluated by subjective and objective methods. We have used diagnostic tools such as schirmer testing, ocular surface staining, tear break up time for assessing effects of dry eye on ocular surfaces.

In conclusion, dry eye is a multifactorial disease with complex pathophysiological processes. So, our ultimate goal is to restore ocular surface and tear film to normal homeostatic state by managing pharmacological and non-pharmacological methods. A wide range of therapeutics available in treating dry eyes, customized and personalised therapy targeting ocular surfaces will aid in complete resolution of dry eye disease [1-4].

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Conflicts of Interest

There are no conflicts of interest.

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