

Causes of Dry Eye

Dry eyes are uncomfortable, irritating, and may even put you at risk for infection.

Do you know what's causing yours?

Top Causes of Dry Eyes

If your eyes are dry, red, watery, itchy, burning, sensitive to light, presenting with blurry vision, and/or have a feeling of grittiness in them, you may be suffering from dry eyes. Here are a few possible causes:

1. Advancing age
2. Diabetes, lupus, rheumatoid arthritis, and other underlying health conditions
3. Smoking
4. Medication side effects
5. Any condition that impairs the quality or amount of your tears (such as Meibomian gland dysfunction, Sjögren's syndrome, and Keratoconjunctivitis sicca)
6. Tear duct or gland damage (often due to direct trauma, inflammation, and/or radiation)
7. Environmental factors including weather-related changes, air conditioning, eye makeup

Understanding the cause or causes of your dry eyes is critical. Why? Because it is only by addressing the root cause (instead of *only* "fixing" the symptoms) can you expect to find effective and *lasting* relief.

Why See an Eye Doctor if You Have Dry Eyes

If you have dry eyes, come see us at [Mallinger Family Eye Care](#). After a thorough examination and personal/family history assessment, our Las Vegas eye doctor team will implement a customized treatment plan that will meet your needs. Treatments (which depend on your unique case) may include prescription or over-the-counter eye drops, oral medications, prescription eyewear, and nutritional/lifestyle recommendations.

One of the best recommendations? Avoid rubbing your dry eyes, and always wash your hands before or after touching them! Otherwise, you're putting yourself at risk for infection and corneal ulcers (scratches).

Call Our Las Vegas Eye Doctor Today!

Do you find yourself struggling with dry eyes in the fall and winter season, or any other time of year? The right solution for you exists, and our [Las Vegas optometrist](#) team would love to be the ones to help you find it! To schedule your FREE initial consultation, call Mallinger Family Eye Care today at [\(702\) 240-2121](tel:7022402121). Our friendly and experienced staff is standing by and ready to answer all your questions or concerns. Our [services](#) are effective, affordable, and safe for the whole family. [Contact us](#) today!

Mallinger Family Eyecare Answers Your Questions on Dry Eye Syndrome

Dry eye syndrome is a common problem that can cause eye discomfort and other issues. The condition can be minor or severe, and it can have an impact on your ability to perform work tasks, read or engage in hobbies comfortably. At Mallinger Family Eyecare, we have experience in treating dry eye problems. Here are some frequently asked questions our patients often have about dry eye syndrome.

What Causes Dry Eyes?

A number of factors can affect the amount or quality of tears. Not blinking frequently, such as occurs when individuals work for long periods at the computer, can cause dry eyes. Working in dry, dusty or smoky environments can also cause dry eyes. The medications you take can cause dryness in the eyes. Sjogren's syndrome diabetes, lupus, and thyroid problems can cause dry eyes. Laser vision correction can also contribute to dry eyes. Damage to the tear glands from radiation or inflammation can also cause dry eye problems.

What Are Common Symptoms of Dry Eyes?

Symptoms of dry eyes include a scratchy feeling in the eyes, watering of the eyes, or a feeling of a foreign object in the eyes. Your eyes may be red or more sensitive to light. You may have difficulty wearing contact lenses or problems with night driving. Some people have eye fatigue or blurred vision.

How Is Dry Eye Syndrome Diagnosed?]

The optometrist will do a comprehensive eye exam to determine if the eyes are producing sufficient tears. A test that measures the volume of tears may also be done. Other tests can determine the condition of the eye surface.

What Are The Treatments for Dry Eyes?

The treatment of dry eyes depends on the severity of the problem. For minor dryness, over-the-counter artificial tears compounds may provide relief. Prescription medications are also available to improve tear production and the condition of the surface of the eyes. Your eye doctor may also do a procedure to unblock the oil glands in the eyes. The doctor can also insert punctual plugs to prevent the draining of tears. Warm compresses and massage of the eyelids can also help tear production and retention of moisture.

Are There Any Complications From Dry Eyes?

Severe and chronic dry eyes increase the risk of eye infections. The chronic inflammation on the surface of the eye can also lead to abrasions and ulcers of the cornea. Vision disturbances can become more severe.

Contact Mallinger Family Eyecare For Help With Dry Eye Problems in Las Vegas

Dr. Mallinger, Dr. Arcemont and the friendly staff at Mallinger Family Eyecare are committed to total vision care for their patients in Las Vegas, NV. Call Mallinger Family Eyecare today at 702-240-2121 for an appointment to discuss your dry eye problem and learn more about options for treatment.