The Final Front Tear

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Objectives

1. Terminology related to dry eyes
2. Anatomy of the eye
3. Anatomy of the tear and impact on vision
4. Clinical evaluation of the ocular surface
5. Causes of dry eyes
6. Tear testing
7. Dry eye treatment

Terms

• Dry Eye
• Inflammatory Dry Eye
• Aqueous Insufficiency
• Evaporative Dry Eye
• Sjogrens Disease
• Keratitis Sicca
• Osmolarity

Terms

• Etiology – the cause of a disease or abnormal condition
• Dacryocystitis – inflammation of the lacrimal sac
• Epiphora – watering of eyes due to excess secretion of tears or obstruction of the lacrimal passage

Terms

• DES – Dry Eye Syndrome
• DEWS – Dry Eye Work Shop
• DTS – Dysfunctional Tear System
• MDG – Meibomian Gland Dysfunction
• NLDO – Nasal Lacrimal Duct Obstruction
• OSD - Ocular Surface Disease
• POTF – Pre-Ocular Tear Film

Anatomy

What function does the punctum have?
Anatomy and Physiology of the ocular adnexa

• Eyelids
• Eyebrows
• Eyelashes
• Accessory glands
• Lacrimal Apparatus

What is the opening between the upper and lower lid called?

Lacrimal Apparatus

• Sometimes a person cannot produce natural tears that they might need some punctal plugs.
• Faucet
• Action
• Drain

Obstructive – vs. non-obstructive

Tear Production – Secretory

• Lacrimal gland
  – Reflex tearing
  – Too much tearing...epiphora
• Gland of Krause
  – Superior fornix
• Gland of Wolfiring
  – Superior tarsal plate

Tear Anatomy

• Antimicrobial proteins
• Growth factors & suppressors of inflammation
• Soluble mucin helps stabilize tear film
• Electrolytes for proper osmolarity (295-300)
  – pH slightly alkaline (7.4)

A complex mixture of proteins, mucins, and electrolytes coated by a lipid layer

The Impact Of Tears On Vision

• Refractive Status
• Health of the Cornea, the most refractive surface of the eye
• Visual Acuity

Lacrimal System: Tear Film Layers

What functions does each layer of the tear perform?
What are functions of tears?
Tear Components

- Lipid Layer – prevents evaporation
- Aqueous Layer - hydration
- Mucus Layer – sticks tear to the eye (goblet cells)
- Other components

Lipid Secretion: Meibomian Glands

- The lipid layer restricts evaporation to 5-10% of tear flow
- Also helps lubricate

Mucin Secretion: Goblet Cells

- Soluble mucins
  - Lower surface tension allowing tear film to spread over surface

With Every Blink

- Cleansing
- Removal of old flora
- New fresh flora
- Draining of a tear
- Use of the lacrimal system
- Eye, nose, and throat

What is in a blink?

- Normal blink rate is 14k a day
- Lateral side higher than medial side
- Starts laterally and moves towards the medial and goes down the punctum
- The lid continues to close depressing the lacrimal sac and pushing tears towards the nasal duct
- This action also causes a suction for new tears

Hypersecretion = Pump Failure

- Crocodile-tears Syndrome
- Gustatory Hyperlacrimation or Gustatory epiphora or Gustolacrimal reflex (could be congenital)
- Ocular Surface Irritation
Eyelid Positions

Disease:
- Trichiasis
- Entropion
- Ectropion
- Tear deficiency / instability
- Trigeminal nerve (5th CN) irritation

Lacrimal Pump

- Pump Action
  - Lids
  - Lateral/medial
  - Muscles
  - Disease
  - Punctum
  - Canniculi
- Lacrimal Sac
- Nasolacrimal Duct
- Facial Nerve Palsy (7th CN)

Eye Anatomy

- Eye anatomy is critical for the eye to sustain its ability to remain properly saturated
- The anatomical structure of the is vital for proper tear production and drainage

Pinguecula vs Pterygium

- Little Penguin
- Big Pterodactyl

Abnormal Corneal Endothelium

Primary Corneal Endotheliopathies

- Corneal guttata
- Fuch's endothelial dystrophy
- Posterior polymorphous dystrophy
- Iridocorneal endothelial syndrome
- Age-related changes in endothelial cell morphology
Specular Photomicrograph

- Normal corneal endothelium in a 21-year-old woman
- Normal endothelial cell density
- Normal rate of polymegathism
- No pleomorphism
- No corneal guttata

Clinical Evaluation

Stage 2 Fuch’s Endothelial Dystrophy

Contact Lens-Induced Endotheliopathy

35-year-old woman with 20 years of full-time soft contact lens wear.

Medical Billing: Medicare

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Causes of Tearing

- Punctal agenesis
- Poor/blocked drainage
- Trichiasis
- Superficial foreign bodies
- Poor pump action
  - Eyelid mal-positions
  - Eyelid disease
- Tear deficiency or instability
- Trigeminal nerve irritation

Causes of Tearing Cont...

- Foreign body sensation
- Hypersecretion
  - Lacrimal secretion and drainage imbalance
  - Primary or reflex tearing (reflex tearing is more common with ocular surface irritation)
- Lacrimal pump failure
- Lacrimal drainage obstruction
- S/P Surgery
Environmental Factors

- Clean house
- Bedding
- Wood floors
- Pollen
- Animal dander
- Dust mites
- Ceiling fans
- Air conditioner vents
- Yard work

- Iphones
- Computers
- TVs
- Reading
- Video games
- Sports

Causes

- Anatomy
- Insufficient tear production
- Ocular surface disease — Demodex
- Meibomian Gland Dysfunction
- Improper blink rate
- Smoking
- Ceiling fans
- Medications (OTCs too)
- Chronic Diseases (thyroid, diabetes, etc...)
- Contact Lens Wear
- Ocular Surgery (CRS)

Clinical Presentation

- Chief Complaint
- History of present illness
- Past medical history
- Clinical examination
- Nasal Examination

Is this possible? You be the judge

NLDO Test: Lacrimal Irrigation

- Nose inspections
- S-Tubes 3-4 months
- Jones Tubes

Nasal Lacrimal Duct Obstruction

- Correct through surgery called a DCR
- Stones in the lacrimal sac
- Stenosis of the punctum
Conjunctivitis

• The “infamous” pink-eye
• Numerous causes:
  – Bacteria
  – Viruses
  – Allergies
  – Toxic Reactions (chemicals)
  – Often difficult to diagnose exact etiology

What is the most accurate measure of intraocular pressure?

Hypersecretion = Pump Failure

• Crocodile-tears Syndrome
• Gustatory Hyperlacrimation or Gustatory epiphora or Gustolacrimal reflex (could be congenital)
• Ocular Surface Irritation

Eyelid Positions

Disease:
• Trichiasis
• Entropion ... drain
• Ectropion ... drain
• Tear deficiency / instability
• Trigeminal nerve (5th CN) irritation
• Lagophthalmos

Lacrimal Pump

• Pump Action
  – Lids
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  – Disease
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Anatomical Functional Issues

• Entropion
• Ectropion
• Punctal Stenosis
• NLDO
• Floopy Eyelid Syndrome
• Lid Trauma
• Nerve Innervations
• Lid Disease
Current Studies/Data

Evidence based medicine

DEWS Report

- Sponsored by The Tear Film & Ocular Surface Society
- The Ocular Surface, April 2007
- Dry eye grading scale: Levels 1 - 4
- Based on Ocular Surface Disease Index (OSDI)
- Level 1 dry eye recommendations: Education and environmental/dietary modifications, Elimination of offending systemic medications, Artificial tear substitutes, gels/ointments, Eye lid therapy
- Level 2 dry eye recommendations: If Level 1 treatments are inadequate, add: Anti-inflammatory agents, Tetracyclines (for meibomianitis, rosacea), Punctal plugs, Secretogogues, Moisture chamber spectacles

Ocular Surface Disease Index (OSDI)

MGD Workshop

- Tear Film & Ocular Surface Society: Dr. Kelly Nichols, chairperson
- International Workshop - 50 dry eye experts
- Published in IOVS – 2011, volume 52, #4
- Dry eye grading scale: Stages 1 – 4
- Level 1 dry eye recommendations: Inform patient about MGD, the potential impact of diet and the effect of work/home environments on tear evaporation, and the possible drying effect of certain systemic medications.
- Level 2 dry eye recommendations: Advise patient on improving ambient humidity; optimizing workstations and increasing dietary omega-3 fatty acid intake.
**BOLO Non-Ocular Diseases**

- RA rheumatoid Arthritis
- HTN (high blood pressure)
- Thyroid
- Diabetes
- Fuch’s Disease
- Lupus
- Sjogren’s
- Leukemia
- Vitamin A deficiency

**Risk Factors**

- Age is #1
- Gender (Women)
- Chronic Systemic Disease
- Medications
- Environmental
- Anatomical
- CPAP Machines
- Contacts (CLIDE)

**Medications BOLO**

- Antihistamines
- Blood pressure meds
- Thyroid meds
- More...

*Ask patients if they have recently started any new medication*

**Common Complaints**

- Though is present, pt may not present with a chief complaint
- It is best to ask the question about dry eyes even if the patient does not volunteer

- Redness
- Painful
- Gritty
- Foreign body sensation
- Discharge
- Eyelid sticks

**Symptoms**

- Redness
- Burning
- Watering eyes
  - Reflex tearing
- Itchy
- Foreign body sensation
- Discharge
- Excessive blinking
- Eye fatigue

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**os·mo·sis, äz’mōsis,äz-/**

noun: **osmosis**

1. **Biology Chemistry**

   a process by which molecules of a solvent tend to pass through a semipermeable membrane from a less concentrated solution into a more concentrated one, thus equalizing the concentrations on each side of the membrane.
Tear Balance

- Osmolarity and osmolality are units of solute concentration that are often used in reference to biochemistry and body fluids. Learn what osmolarity and osmolality are and how to express them.

- Both osmolarity and osmolality are defined in terms of osmoles. An osmole is a unit of measurement that describes the number of moles of a compound that contribute to the osmotic pressure of a chemical solution.

Dry Eye Syndrome

- Approximately 25% of all visits to EyeCare Professionals
- Up to 40 million Americans have symptoms or risk
- Dry eye increases with age
  - 5.7% of women under age 50 (3.2 million)
  - 14.6% of patients age 65 and older
  - 9.8% of women age 75 and older
- Despite prevalence, dry eye remains under-diagnosed

Meibomian Gland Dysfunction

- Chronic, diffuse abnormality of the meibomian glands characterized by terminal duct obstruction and/or quality or quantity changes in glandular secretions.
- May result in alteration of the tear film, symptoms of eye irritation, clinically apparent inflammation, and ocular surface disease.
- Approximately 70% of dry eye is MGD related

Contact Lens Wearers and Dry Eye

- Recent studies estimate that the frequency of contact lens related dry eye is about 50%. (3)
- Approximately 77% of patients discontinue contact lens wear at one time or another due to discomfort. (2)
- 16% of contact lens wearers stop wearing contact lenses, representing an annual revenue loss of $275 per patient, $45,000 per year for the typical practice. (compliments of ZeaVision)

Testing

- Florescein staining
- Schirmer Tear Quantity Tests (paper in 1901)
- Lissimine Green (conjunctival staining)
- TBUT (tear quality test)
- “SJO” Test (Sjogrens test)
- Tear Lab
- Lipi-flow
- RPS

Testing

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- Rose Bengal

Compliments of ZeaVision
Schirmer Testing

- The human eye maintains a stable level of moisture and eliminates foreign particles by producing tears. When your eyes are too dry or too wet, you may be given Schirmer’s test. This test will show whether your eyes produce too few or too many tears to maintain optimal eye health.
- Schirmer’s test is primarily used to diagnose dry eye conditions.
- Schirmer’s test is also known as a dry eye test, tear test, tearing test, or Basal secretion test.

Schirmer Test Results

- If your eyes are healthy, each test paper should contain more than 10 millimeters of moisture. Less than 10 millimeters of moisture indicates that your eyes are dry. The diagnosis of dry eyes could mean that you have other health issues, such as rheumatoid arthritis or a bacterial infection. More tests will likely be required to diagnose the specific cause of your dry eyes. If your eyes produce far more than 10 to 15mm of moisture, further tests may also be required to determine the cause of your watery eyes.

Lissimine Green

- Staining is a really great way to identify surface defects

Causes of Excess Tearing

- a strong emotional response (crying)
- climate (including cold and/or windy weather)
- allergies
- infections
- blocked tear ducts
- complications from dry eyes
- irritation of the eye (from stray eyelashes or other debris)
- ingrown eyelashes
- relaxation of eye muscles (limits the eye’s ability to drain)
- the common cold
- pink eye (conjunctivitis)
- reactions to certain medications (antihistamines, eye drops, diuretics, sleeping pills, etc.)

Treatments

- Artificial tears
- Medications (Restasis, doxycycline, ...)
- Punctal Plugs
- Ammino grafts (Bio-Tissue)
- Lipi-flow
- Supplements (start early)
- Humidifiers

Supplements For The Eyes
EyePromise EZ Tears Formulation

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<tr>
<th>Ingredient</th>
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<td>Vitamin A - Retinyl Palmitate</td>
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<td>Vitamin D3</td>
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<tr>
<td>Mixed Tocotrienols/Tocopherols</td>
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What Are Omega-3 Fatty Acids?

- Considered essential fatty acids
- We need them in our body for it to work
- They are not made naturally in our body so we need to get it from our diet
- All omega-3s are not the same

Health benefits:
Reducing inflammation in blood vessels and joints

Vitamin A (as retinal palmitate)

- A fat soluble vitamin that is essential for corneal surface health, as well as mucosal, conjunctival, Meibomian, and lacrimal gland health. It is needed in genes and cells that express mucin (a polysaccharide) of major importance in one of the three tear layers.

Vitamin E (d-alpha tocopheral)

- A fat soluble vitamin that is essential for reduction of systemic and ocular inflammation, also important in stabilizing omega-3 fatty acids

Vitamin D3

- A fat soluble vitamin, aka cholecalciferol, which is the form of vitamin D that our bodies make from exposure to sunlight (UVB), it also usually comes from meat and fish. Vitamin D3 aids in building up your immune system and aids in systemic inflammation

Dry Eye Patient Study

- 56 Subjects
  - 96% described symptoms as moderate to severe
- Results:
  - 86% reported symptomatic relief at 4 weeks
  - 93% reported no after taste
  - 89% reported little or no GI side effects
  - All patients were able to take the softgels
**EZ Tears Contact Lens Comfort Study**

- 90 Patients
- Results:
  - 89% of patients reported improved contact lens comfort in 4 weeks
  - 32% saw improvement in hours per day of comfort (avg. 2.2 hours)
  - 45% reduction in contact lens removal
  - 11-13 day average onset of improved contact lens comfort
  - 85% of patients said they were likely to continue taking EZ Tears
  - 91% said they would recommend EZ Tears to others

**ONIT Clinical Study**

*Ocular Nutrition Impact on Tear Film*

- IRB reviewed & approved
- FDA registered trial (clinicaltrials.gov)
- Study Investigators
  - Dr. Bruce Koffler (Ophthalmologist)
  - Dr. Rob Davis (Optometrist)
  - Dr. Sean Mulqueeny (OD: Principal Investigator)
- Currently enrolling patients

**EyePromise Start-up Kit**

- Free to ECP's
  - Coupons
  - Product Samples
  - Brochure holders
  - Staff Training
  - Patient Education materials
  - Print & web

**EyePromise Patient Brochures**

- Dry Eye
- AMD
- Visual Performance
- Brand Specific Brochures

**EZ Tears Contact Lens Comfort Study**

Results:

- Significant improvement in comfortable wear
- Extended hours of comfortable wear
- Reduced artificial tear usage
Identify Patients With Dry Eye

OSDI Survey Form

Key Reminder:
Up to 50% of Contact Lens Wearers experience Contact Lens Induced Dry Eye (CLIDE)

Benefit To The Practice

• $700- $800 per pt per year
• Potential $200,000 per year

Helpful Information

• Apps
• Computer Vision Syndrome

Reference Material

• ZeaVision
• Allergan
• Wikipedia

Reference

• Endoscopic Surgery of the Orbit and Lacrimal System 2006... Acquired Nasolacrimal Duct Obstruction David M. Mills M.D., Dale R. Meyer M.D. FACS

• Images from Eye Imaginations

Thank You

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