

Dry Eye

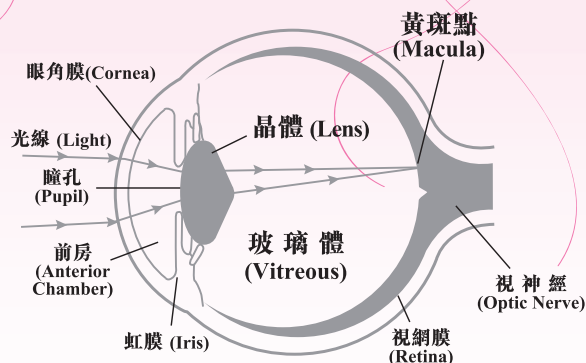
Dry eye is usually caused by decreased tear secretion. Most of the time, the inner layer is affected. This is mainly due to the lack of lubricating effect, the tear film cannot evenly distribute over the cornea surface and lead to local dryness and initiation. Sometimes the patient may complain of tearing due to reactive changes stimulated by dryness of the eye.

Treatment

The treatment for dry eye is to replace tears with lubricating eye drop or ointment, best in a preservative free formulation. However, artificial tears do not contain oxygen/nutrients, lysozyme, antibody etc, and too excessive application of artificial eyedrop may even wash away the protective, lubricating and nutritious substances of the natural tears. They should be applied **only when necessary**. Severe dry eye sometimes may be treated with minor surgery, which aims to block the lacrimal outflow so as to slow down the tear drainage.

Should you have any queries, please consult your doctor during follow-up

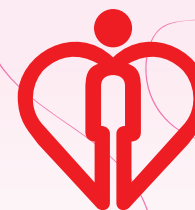
Information provided by Department of Ophthalmology, Grantham Hospital



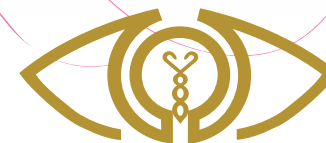
眼球縱切面圖

港島西聯網眼科服務簡介

港島西眼科專業人員，包括眼科醫生、護士、視光師及視覺矯正師等等，為市民提供全面的眼科服務。此外，我們亦負責策劃和推行區內眼科服務的長遠發展。並培訓眼科醫護專職人員，提升市民的健康質素。




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眼睛乾澀症 (淚液分泌不足) DRY EYE

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眼睛乾澀症 (淚液分泌不足)

簡介

眼淚水

眼淚水的功能有三，包括有清潔、供給營養和滋潤眼球表面的作用。眼淚水的結構有三，內層是潤滑層，由結膜細胞分泌。有潤滑角膜的作用，使淚水均勻地分佈於角膜表面，並提供平滑面，使光線可以均勻屈光及改善視力。

中層90%是水份，由淚腺分泌，含有氧份、蛋白質、酵素、抗體等，能負責保護和濕潤角膜、結膜及供應眼球表面結構養份。

外層是油質，由睫毛下分泌腺分泌，可減少淚液中層水份的蒸發，使淚水能留在眼球上長時間。

乾眼

乾眼多數是由於淚液分泌減少，或內層缺乏潤滑液所致。由於潤滑液減少，淚水不能平均地分佈，角膜表面產生乾澀的感覺，反射性地刺激淚腺分泌更多水份。而流出眼外。故此，有時流淚水也可能是乾眼表現。

治療

治療乾眼的方法包括使用人工淚水或潤滑性藥膏，最好採用沒有防腐劑的。由於人工淚水沒有養份、酵素及抗體等物質。如過量使用，會把原有在淚液中保護和滋潤功用的物質也沖走。因此只在適當需要時使用人工眼淚。

嚴重的乾眼可施小手術治療，目的是減少淚液經淚小管流失。

如有其他疑問，可於覆診時向醫生查詢以上資料由葛量洪醫院眼科部門提供

DRY EYE

Introduction

Tear

The function of tears are to cleanse, lubricate, provide nutrients, and protect the surface of the cornea.

Tears are composed of three layers. The innermost layer is the mucous layer. It is secreted by the conjunctiva. Its function is to lubricate the cornea. It allows the tear film to spread evenly on the surface of the cornea. This can provide a smooth surface and facilitate the even passage of light. In the middle aqueous layer, 90% is water. It is secreted by the lacrimal gland. This layer contains oxygen, protein, lysozyme, antibody etc. Its function is to protect, moisturize, lubricate and provide nutrients to the cornea and conjunctiva. The outermost layer is the lipid layer. It is secreted by Meibomian glands of the eyelids. It can decrease tear evaporation of the tear film and prevent outflow of tears onto the lid margin.