Eye Disorders / Eye Health

Common Causes of Dry Eye



Age

The majority of people over age 65 experience some symptoms of dry eye.



Gender

Women have higher rates due to hormonal changes.



Medications

Antihistamines, decongestants, blood pressure medications, and antidepressants.



Medical Conditions

Certain autoimmune diseases, diabetes, and thyroid problems



Environmental Conditions

Smoke, wind, dry climates, lengthy screen exposure time without blinking



Other Factors

Contact lens use, refractive eye surgeries

Source: American Optometric Association

Who Is Likely to Develop Dry Eye?

Nearly 5 million Americans 50 years of age or older are estimated to have dry eye.

3 Million Women

1.5 Million Men

Source: National Eye Institute