

Industry/Health News

Men's Risk for Dry Eye Increases with Age

RIDGEWOOD, N.J., June 2009 — A new study reports that dry eye prevalence among men increases with age, affecting 3.9 percent of males who are 50 to 54 and 7.67 percent of men 80 years and older. Risk factors for dry eye in older men include hypertension, benign prostatic hyperplasia (nonmalignant enlargement of the prostate gland) and antidepressant use.

The researchers believe that one reason dry eye becomes more common with age is deterioration of the meibomian glands, which lubricate the eyelid. Deterioration of these glands also leads to the deficiency of androgen, a male hormone. It is believed that a decline in androgen is linked to eye problems.

Benign prostatic hyperplasia (also known as BPH or an enlarged prostate) increases the risk for dry eye because treatment involves anti-androgen medications. The condition is more common in men 50

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Doctor's Corner

Welcome to the first edition of our Quarterly newsletter. We're very excited to have this opportunity to share with our patients the latest news about our office as well as the eyecare industry as a whole. We feel it is our duty to keep you well informed about the latest studies, trends, fashion and health issues surrounding your vision. Please take a moment to read our inaugural edition and feel free to send us feedback.

Office News

Don't forget that fall is back to school time, and as such it's a good time to bring the family in for their yearly eye exams. Our optical specialists will help you find the best glasses and contacts for your specific needs.

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Industry / Health News Continued

and older.

The researchers found that the use of antidepressants is the most significant association among non-visual conditions or medications. Study participants had a nearly twofold higher risk for dry eye if taking an antidepressant. Although dry eye may not be listed as a side effect of antidepressants, some patients report blurred vision, which can be caused by dry eye.

Currently, dry eye affects 1.68 million men age 50 or older in the United States. Using projected census figures, the researchers predict that the number will rise to more than 2.79 million by 2030. They recommend further studies to understand what influences dry eye disease in an effort to develop more targeted interventions for patients.

The study was reported in the June issue of Archives of Ophthalmology.



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Interesting Facts

- The external muscles that move the eyes are the strongest muscles in the human body for the job that they have to do. They are 100 times more powerful than they need to be.
- The cornea is the only living tissue in the human body that does not contain any blood vessels.
- One ragweed plant can release as many as one billion grains of pollen.
- The average life span of a major league baseball is 5-7 pitches.

Optician's Corner

We are committed to our patients' eyewear needs, and that's why we offer a 30 day Non-Adapt Policy as well as free cleanings and adjustments for the life of your eyewear.



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History Corner

A few interesting dates in the history of September.

September 2, 1789

The third presidential cabinet department, the U.S. Treasury, was established by Congress.

September 3, 1833

The New York Sun newspaper first appeared, marking the beginning of the 'penny press,' inexpensive newspapers sold on sidewalks by newspaper boys. The paper focused on human interest stories and sensationalism and by 1836 was the largest seller in America with a circulation of 30,000.