

# See

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## INSIGHTS

### Exploring the Causes & Treatments for Gritty Eyes



Gritty eyes are foreign body sensations which make it feel like there is something in your eyes when there is not. Studies have identified many conditions that can cause you to experience the sensation of gritty eyes. While many cases of gritty eyes cause only mild discomfort or watery eyes, other symptoms can be more serious, such as pain and persistent irritation.

Several different conditions can cause the sensation of grittiness in the eye (Table). Some are mild in nature while others can be severe.

#### Treatment Is Available

The cause of your gritty eyes will be the key determinant of your best treatment. It's important to see your eye doctor to determine the cause.

Several different types of treatment options are available. These include:

- Eye drops to soothe and lubricate eyes
- Artificial tears
- Eye ointments
- Warm compress on the eyes
- Massaging eyelids
- Using eyelid cleansers
- Avoiding contact lens wear
- Steroid or antibiotic eye drops
- Blocking or surgically closing tear ducts to keep tears in the eyes for longer

If you have a more serious condition, surgery may be needed to treat your gritty eyes completely. It's important to

discuss your options with your eye doctor to determine what's best.

#### Prevention Strategies

To prevent the development of gritty eyes, avoid exposure to drying winds, use a humidifier, and wear protective eyewear, such as sunglasses or safety shields. Adding omega-3 fatty acids to your diet and using eye drops before bed may also be of help. In addition, take regular breaks from using a computer or reading and avoid smoke or smoking.

#### When to See Your Doctor

If you think you have a corneal abrasion or ulcer, seek immediate medical help because these conditions can cause blindness if left untreated. The same goes for anyone who has eye pain, vision loss, or any other worrying symptoms. Be sure to talk to an eye doctor anytime you think you have something stuck in your eye because they can help determine if something is really there or if another condition is causing the foreign body sensation.

Although many different conditions—ranging from mild to severe—can cause gritty eyes, the good news is there are many different treatments available to relieve the symptoms you're experiencing. The best way to get the right treatment is to schedule an appointment with your eye doctor to get it checked out. If any worrisome symptoms are present, seek urgent medical attention to make sure you're doing everything you can to protect your vision.

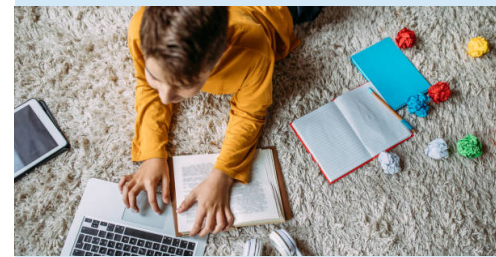
**Table: Potential Causes of Gritty Eyes**

Blepharitis	Meibomian gland dysfunction
Conjunctivitis	Ocular rosacea
Corneal abrasions	Photokeratitis
Corneal lacerations	Pinguecula and pterygium
Corneal ulcers	Sjögren's syndrome
Dry eyes	Styes
Fungal keratitis	Use of prostaglandin analogs
Giant papillary conjunctivitis, or GPC	



## EYE HEALTH

### Digital Eye Strain in Kids Using Online E-Learning



Researchers in India have found that the prevalence of digital eye strain (DES) increased in children during the COVID-19 pandemic. The overall prevalence of DES in the study was higher than 50%, with about 26% of cases being graded as mild, 13% as moderate, and 11% as severe. The most common symptoms of DES identified in the study were itching and headache.

Several factors were risk factors for DES in children in the study, including:

- Aged 14 and older
- Male gender
- Smartphone use
- Use of digital devices for more than 5 hours
- Playing mobile games for more than 1 hour per day

The study authors noted the average duration of digital device use during the COVID era was 3.9 hours, which was significantly higher than the 1.9 hours that was seen prior to the pandemic. They recommended that parents be concerned about duration, type, and distance of digital device use to avoid DES symptoms in children.

## EYE-Q

**Q:** True or false? Only 1/6 of your eyeball is visible.

See answer on back.



## Healthy Kids Can Have Abnormal Ocular Surfaces

A recent study suggests that healthy children appear to have at least one abnormal ocular surface test result. The study, published in Clinical Ophthalmology, also found that about 33% of children were diagnosed with dry eye disease (DED).

Researchers had 60 healthy kids aged 7 to 17 years complete a symptom questionnaire and underwent ocular surface testing. Every child had an ocular alteration in at least one test. Additionally, the presence of DED in children was higher than what has been previously reported in other investigations. Researchers say that environmental factors likely contributed to the higher risk of DED.

Multicenter studies involving different pediatric populations are needed to help standardize the normal values of the ocular surface tests in healthy children. The study team reported that it's critical to determine if these tests can be altered to better address healthy children. In addition, research is needed to better understand the possible factors that influenced their results.



Answer to Eye-Q (from page 1)

A: True

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<sup>†</sup>www.clinicaltrials.gov is a website maintained by the NIH. The 4 clinical studies evaluated subjective comfort as a primary or secondary endpoint for ACUVUE® OASYS 1-Day Brand Contact Lenses with HydraLuxe® Technology. Review conducted as of November 12, 2020.

**WARNING:** UV-absorbing contact lenses are NOT substitutes for protective UV-absorbing eyewear such as UV-absorbing goggles or sunglasses because they do not completely cover the eye and surrounding area. You should continue to use UV-absorbing eyewear as directed. **NOTE:** Long-term exposure to UV radiation is one of the risk factors associated with cataracts. Exposure is based on a number of factors such as environmental conditions (altitude, geography, cloud cover) and personal factors (extent and nature of outdoor activities). UV-blocking contact lenses help provide protection against harmful UV radiation. However, clinical studies have not been done to demonstrate that wearing UV-blocking contact lenses reduces the risk of developing cataracts or other eye disorders. Consult your eye care practitioner for more information.

**Important Safety Information:** ACUVUE® Brand Contact Lenses are indicated for vision correction. As with any contact lens, eye problems, including corneal ulcers, can develop. Some wearers may experience mild irritation, itching or discomfort. Lenses should not be prescribed if patients have any eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. Consult the package insert for complete information. Complete information is also available from Johnson & Johnson Vision Care, Inc. by calling 1-800-843-2020, or by visiting www.jnjvisionpro.com.

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Your eyes are comprised of **rods** and **cones**. Rods allow you to see **shapes**, while **cones** are responsible for detecting and deciphering colors.

