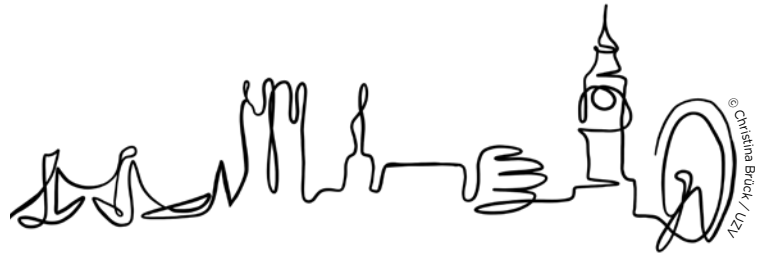


Dry eyes



Dry eye disease is a common condition where the tears fail to provide adequate **lubrication** for the eyes. The reasons for **tear film** dysfunction are many: hormone changes, autoimmune diseases, **inflamed eye glands**, or allergic reactions.

The tear film is made up of three **layers**: fatty oils, aqueous fluid, and **mucous**. Problems with any of the layers can lead to dry eyes. Dry eyes can occur for example when the **lacrymal glands** do not produce enough fluid. Some of the most common causes of **decreased** tear production are: aging, **medical con-**

ditions such as Sjögren's syndrome, rheumatoid arthritis, and lupus; medications such as antihistamines, decongestants, **hormone replacement therapy** (HRT), antidepressants, and blood pressure medication; corneal nerve desensitisation (especially from contact lens use), **nerve damage**, and damage caused by **laser surgery**.

Female pharmacy customer: Good morning. Do you speak English?

PTA: Good morning, yes I do. How may I help you?

It's my eyes, as you can see! They have been a little irritated for the last few days.

Could you **describe** your symptoms a little more, please? You know, what it feels like, if your eyes are dry or if they are watering all the time.

Yes, I only started noticing it about four days ago. I was working on my computer and had the feeling that there was **dust** or even sand in my eyes.

Are you taking any medication that might have triggered the irritation? Antihistamines, decongestants, HRT, anything like that?

No, I don't have any allergies, and the only medication that I take regularly is the pill.

Well the pill has been known to cause dry eye in some women. It depends on what kind of **contraceptive** it is. Do you know if your pill is a combination of oestrogen and progesterone or just progesterone?

It's definitely a combination med!

Therefore, it's highly **unlikely** to have been caused by that. You said you noticed it while working on your computer.

Have you been working a lot on the computer **recently**?

In fact, I have. Could my dry eyes have been caused by that? It's quite common nowadays. The problem is that while looking at the screen for long periods, we forget to **blink**. Blinking is important for distributing tear fluid.

What do you recommend? We have these **preservative-free** drops that contain **hyaluronic acid**. If they don't help after one or two days of use, you should seek out an **ophthalmologist** to get your eyes checked as the problem could be caused by an underlying medical condition.

Are there other things that cause eye irritation?

Certainly, it could be a **stye**, caused by bacteria, or an **ingrowing** eyelash.

Okay, I'll see how I get on with the drops. Thank you.

You are welcome. I know it's a terrible feeling when eyes are so irritated! Goodbye, have a nice day!

You too, thank you. Bye! ■

*Catherine Croghan,
Lecturer in English and
native speaker*

VOCABULARY	
dry eye	trockenes Auge
lubrication	Schmierung
tear film	Tränenfilm
inflamed eye glands	entzündete Drüsen (am Lidrand)
layers	Schichten
mucous	(hier) Schleimschicht
lacrymal glands	Tränendrüsen
decreased	verringert, vermindert
medical conditions	Krankheiten
hormone replacement therapie	Hormonersatztherapie
nerve damage	Nervenschaden, Nervenschädigung
laser surgery	Laserbehandlung
describe	beschreiben
dust	Staub
contraceptive	Empfängnisverhütungsmittel
unlikely	unwahrscheinlich
recently	in letzter Zeit
blink	blinzeln
preservative-free	frei von Konservierungsmitteln
hyaluronic acid	Hyaluronsäure
ophthalmologist	Augenarzt, Augenärztin
stye	Gerstenkorn
ingrowing	eingewachsen

Dekristol® & Dekristolvit® So indiviD₃uell wie wir.



STARKE KNOCHEN² ODER EIN STARKES IMMUNSYSTEM³ MIT DER INDIVIDUELLEN DOSIS VITAMIN D₃
Dekristol® 400, 500 oder 1000 I.E. Dekristolvit® 1000, 2000, 4000 oder 5600 I.E.

¹ NVI-KT von Insight Health, MAT 2020.01 (bezogen auf Dachmarke Dekristol® : 20000 I.E. Weichkapseln & 400 I.E. & 500 I.E. & 1000 I.E. Tabletten).

² **Arzneimittel: Dekristol® 400 I.E./500 I.E./1000 I.E. Wirkstoff:** Colecalciferol (Vitamin D₃). **Zusammensetzung:** 1 Tablette enthält 10 Mikrogramm/12,5 Mikrogramm/25 Mikrogramm Colecalciferol, entspr. 400 I.E./500 I.E./1000 I.E. Colecalciferol-Trockenkonzentrat. **Sonstige Bestandteile:** Lactose-Monohydrat, Mikrokristalline Cellulose, Maisstärke, Stärke[hydrogen-2-(oct-1-en-1-yl)butandioat]-Natriumsalz, Carboxymethylstärke-Natrium, Sucrose, hochdisperses Siliciumdioxid, Magnesiumstearat [pflanzlich], Natriumascorbat, Mittelkettige Triglyceride, all-rac-alpha-Tocopherol. **Anwendungsgebiete:** Vorbeugung gegen Rachitis und Osteomalazie bei Kindern, Jugendlichen und Erwachsenen, Vorbeugung einer Vitamin-D-Mangelkrankung bei Kindern, Jugendlichen und Erwachsenen mit erkennbarem Risiko, unterstützende Behandlung der Osteoporose bei Erwachsenen. Dekristol 400 I.E. zusätzlich: Vorbeugung gegen Rachitis bei Frühgeborenen. **Gegenanzeigen:** Überempfindlichkeit gegen einen der Bestandteile, Hyperkalzämie, Hyperkalzurie, Hypervitaminose D, Nierensteine. Strenge Indikationsstellung in der Schwangerschaft. Stillzeit: Zusätzliche Vitamin D₃-Gabe beim Kind berücksichtigen. **Nebenwirkungen:** Überempfindlichkeitsreaktionen, Hyperkalzämie, Hyperkalzurie, Obstipation, Flatulenz, Übelkeit, Abdominalschmerzen, Diarrhö, Pruritus, Ausschlag, Urtikaria. **Warnhinweis:** Enthält Lactose und Sucrose. **Apothekenpflichtig.** Stand: Dekristol 400 I.E.: 02/2020; Dekristol 500 I.E./1000 I.E.: 07/2019. mibe GmbH Arzneimittel, 06796 Brehna.

³ **Nahrungsergänzungsmittel:** Vitamin D₃ trägt zu einer normalen Funktion des Immunsystems und zur Erhaltung normaler Knochen und Muskeln bei. Nahrungsergänzungsmittel sind kein Ersatz für eine ausgewogene, abwechslungsreiche Ernährung und eine gesunde Lebensweise.