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## Relief from Dry Eye

Posted by [Third Age](#) on October 3, 2013 9:58 AM

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Study findings published in the October issue of the journal *Cornea* show that daily dietary supplementation with a unique combination of omega fatty acids for six months is effective in improving ocular irritation symptoms and halting the progression of inflammation that characterizes the moderate to severe dry eye syndrome that plagues many post-menopausal women.

The multi-center, double-blind, randomized, placebo-controlled clinical trial evaluated 38 post-menopausal women with tear dysfunction in both eyes. HydroEye was found to relieve ocular irritation symptoms, suppress ocular surface inflammation, and maintain corneal surface smoothness. An irregular corneal surface contributes to both irritation and problematic visual symptoms.

More than half of peri and post-menopausal women are estimated to suffer from dry eye. The impact of dry eye on quality of life can be significant, and was rated as equivalent to that of heart disease in one study.

The trial was conducted at Baylor College of Medicine and Virginia Eye Consultants. A release from ScienceBased Health quotes researcher Stephen C. Pflugfelder, MD as saying, "Within three months, the group treated with HydroEye showed statistically significant improvements in irritation symptoms of dry eye,

and no progression of ocular surface inflammation or corneal irregularity. The placebo group's dry eye symptoms actually worsened over the six-month testing period. HydroEye clearly had a positive impact on these patients with moderate to severe dry eye."

While there are other dry eye treatment options available, most have unpleasant side effects, provide only transient relief, or have high costs, and/or compliance issues. "Given these parameters, HydroEye is among the safest, best tolerated, efficacious, and most cost-effective of all dry eye therapies," said researcher John D. Sheppard, MD, MMSc. "I recommend HydroEye to all of my dry eye patients."



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