

	PUBLICATIONS	BUSINESS	CME	CAREERS	CON
--	--------------	----------	-----	---------	-----

Optometry Times

Bringing Eye Health into Focus

SUBSC

CO

HOME	CLINICAL	YOUR PRACTICE	
------	----------	---------------	--

TRENDING: Contact Lenses & Lens Care Retina Treatments Allergy-Triggered Anaphylaxis OI

PREV

Relieve migraines with tinted contact lenses

The first doctor is often the

Scott Schachter, OD

RES

Co

Ret

Op

Flu

Hy

MORE

OptometryTimes Optometry Dry eye

Screen younger patients for dry eye

January 16, 2015

By Scott Schachter, OD

Recently, I shared [my dry eye protocol](#). I hope you found it is an effective, efficient way to look for and treat dry eye disease in your practice. You will also have to decide whom to screen.

Creating a dry eye protocol

In my practice, we screen patients age 25 and over. This is a relatively arbitrary number, but I wanted to skew younger. We often think of [dry eye disease](#) as being an older person's disease. There are a number of reasons why I decided to look at younger patients.

Identifying dry eye patients

Young adults spend a large amount of time staring at devices such as smartphones, tablets, computers, etc. A recent study showed that adults 18 and over spend five hours per day online.¹ This trend is likely to continue.

Average blink rates are 17 per minute or every three to four seconds. Some studies have shown that blink rates are as low as 4.5 per minute when reading.² People also have more incomplete blinks when using these devices.³ You would need a tear film break-up time (TFBUT) of 12 to 15 seconds to

In addition, many of these younger patients are on medications that can cause dry eye—medications for ADD/ADHD, birth control, antihistamines, and antidepressants, just to name a few.

2015 ANNUAL PHYSICIAN WRITING CONTEST

THIS YEAR'S TOPIC: "Connecting Care"

LEARN MORE >

1

2

3

J
P

Ho
cu
im

o
imp
Oc
o
o
del

TAGS

dry eye

dry eye disease

dry eye disease symptoms

Meibomian Gland Dysfunction

Modern Medicine Cases

Modern Medicine Feature Articles

Modern Medicine News

ODT blog

ODT blog Schachter Factor

tear film

Tear Film and Ocular Surface Society

tear film breakup time

TFOS

Optometry

J
P

0 COMMENTS

You must be signed in to leave a comment. Registering is fast and free!

SIGN IN / REGISTER

All comments must follow the ModernMedicine Network community rules and terms of use, and will be moderated. ModernMedicine reserves the right to use the comments we receive, in whole or in part, in any medium. See also the Terms of Use, Privacy Policy and Community FAQ.

No comments available

Optometry Times
eNews



Sign up here

	PUBLICATIONS	BUSINESS	CME	CAREERS	CON
--	--------------	----------	-----	---------	-----



FREE in the App Store



BUSINESS & TECHNOLOGY

WOMEN'S HEALTH

CHILDREN'S HEALTH

MEN'S HEALTH

SKIN

PHARMACY

EYECARE

CAREERS

Optometry Times

HOME

CLINICAL

- Glaucoma
- Retina
- Dry Eye
- Refractive Surgery
- Contact Lenses

YOUR PRACTICE

- Optical
- Practice Management
- Technology
- Comanagement

OPINION

- Blogs
- Letters to the Editors
- Editorials

[Home](#) | [About us](#) | [Contact us](#) | [Advertise](#) | [All Content](#) | [Editorial and Advertising Policy](#) | [Terms and Conditions](#) | [Privacy Policy](#) | [Terms c](#)

© 2015 Advanstar Communications, Inc. All rights reserved.

Reproduction in whole or in part is prohibited.

Please send any technical comments or questions to our webmaster.