

MORRISVILLE, NC, September 25, 2013 **/24-7PressRelease/** -- Dry eye is a condition that affects millions of people and

[LipiFlow reviews](#)

these cases in order to continually improve their product. They are committed to not only relieving the symptoms, but treating the underlying cause. Many people suffer from dry eye but may not realize that is what it is or the cause. A recent

[article](#)

in the Huffington Post reveals that a connection may exist between dry eye and menopause. LipiFlow reviews this information and weighs in on the findings.

According to the Society for Women's Health Research, many women do not know that dry eye is a symptom of menopause. It affects about 61 percent of women. However, only about 16 percent realize that menopause is contributing to their dry, itchy eyes. Research shows that hormones are the likely cause. As hormone levels decrease, they may negatively impact the quality of tears and ocular tissues.

Common symptoms of dry eye include dryness, sensitivity to light, blurry vision, a burning sensation, a gritty or sandy feeling, and even excessive tearing. Excessive tearing is often the body's way of trying to compensate for the lack of tears or staggering tear quality. So what can women do to help relieve their dry eyes?

One potential treatment that scientists are still researching is the effectiveness of hormone replacement therapy. While some studies show that it provides relief, others show that it actually increases a woman's risk of developing dry eye. More research is necessary to further investigate.

There are several ways that people can help to alleviate their symptoms at home. First, avoiding environmental triggers such as wind, dry conditions, and pollutants can help to prevent eyes from drying out as quickly. If going outside, wearing glasses or sunglasses can block the eyes from some wind. In the home, a humidifier can add necessary moisture to the air.

There are also a variety of over-the-counter eye drops that can provide temporary relief. Tear substitutes, gel drops, gels, and preservative-free formulas all help to keep eyes more moist. Gels can often blur vision, however, so they are recommended more for use overnight. It is important to read directions and safety information for any product to ensure proper use and avoid overuse.

Avoiding eye strain can also help to provide relief. When working at the computer, reading, or watching television, people should make sure that they are blinking. This spreads tears over the surface of the eyes and keeps them moisturized. Also, including omega-3 fatty acids as part of a well-balanced diet can help. The antioxidants help to promote better eye health.

"There are many ways to help alleviate dry eye symptoms," says a representative of LipiFlow. "Avoiding dry environments and common irritants can help. While over-the-counter eye drops can help to relieve symptoms, this relief is only temporary. For people with chronic dry eye, addressing and treating the root cause is essential." LipiFlow reviews the cause of dry eye and works to provide patients with a more effective way to manage their condition.

ABOUT:

LipiFlow reviews the latest developments in dry eye research. They use this information to create a more effective way for people to manage their dry eye. Their unique system works to unblock the meibomian glands, which is a common cause of the condition. Once the glands are unblocked, people often begin producing higher quality tears. The procedure is fast and simple and is often performed in the eye doctor's office.