Dry eye is one of the most frequent causes of patient visits to eye care practitioners, affecting an estimated 30 million people in the US. As many as 1 in 3 ophthalmic patients report experiencing at least one symptom of dry eye. Yet this condition may be missed by eye care providers, in part because of the wide variability in its clinical presentation. Not all patients present with the classic symptoms such as irritation and burning. Many may seek help for what they describe as fluctuating vision, eye fatigue, among other atypical symptoms.

In addition to prompt recognition, an understanding of the mechanisms leading to dry eye is key to its management. In July 2017, the Tear Film and Ocular Surface Society published the second Dry Eye Workshop (DEWS II) findings which emphasize that the tear film should be thought of as 2-layered, with a lipid layer overlaying a muco-aqueous phase. It is likely that interactions of the whole tear film, including lipids, mucins, proteins, and salts, maintain tear film homeostasis, and thus a lubricant that addresses all layers of the tear film is needed.

Restoration of tear homeostasis is indeed the focus in the management of dry eye. In aqueous-deficient dry eye, lacrimal secretion is reduced. In evaporative dry eye, patients experience excessive evaporation from insufficient production of protective lipids as seen in cases of meibomian gland dysfunction (MGD).

In my clinical practice it is rare to see a patient with purely aqueous-deficient dry eye. In fact, an overlap of both types of dry eye can be seen in 30-70% of patients according to the DEWS II report. If only one of these dry eye types is addressed, patients may not be able to derive maximal relief.

A simple way to help patients is to recommend a drop designed for all major types of dry eye, such as SYSTANE® Complete. This innovative formulation supplements all the layers of the tear film, which helps to restore the tear structure and protect from evaporation.

SYSTANE® Complete is developed with advanced nano-droplet technology. The nano-droplet contains the lubricant propylene glycol and phospholipid and mineral oil to help deliver the active ingredient. Lubricant is rapidly delivered across the ocular surface to provide fast hydration, locking in moisture for long-lasting relief.

The new formulation of SYSTANE® Complete with the nano-droplet technology resulted in increased moisture retention based on pre-clinical studies in comparison to SYSTANE® Balance lubricant eye drops.

Dry eye is complex and can have a real impact on a patient’s quality of life. SYSTANE® Complete is designed to provide symptom relief for every major type of dry eye.

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