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## Overview of recent trends in management of dry eye

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Dry eye is a multifactorial disease of the tears and ocular surface that results in symptoms of discomfort, visual disturbance and tears film instability with potential damage to the ocular surface. Dry eyes (Xerophthalmia) is one of the most common conditions in our modern times. Its prevalence as encountered in my Ophthalmology proactive in Khobar Specialist Clinics in KSA >70% of my patients. Due to hot & humid climate there, high prevalence of chronic diseases (Diabetes & hypertension, hypothyroidism), excess use of air conditioners, overuse of some drugs (antihistamics, contraceptive pills & antipsychotic) as well as over utilization. Thus, the development of new drug treatments for dry eye is important for both the dry eye patient and the ophthalmic industry. There are many drugs in development for the treatment of dry eye. A large number of these drugs are designed to target a specific cause of dry eye and some of these drugs will be approved for clinical use in the next 10 years. I will highlight available current options as well as future hope for all ongoing trials.

### Biography

Heba M El Shouni has completed her PhD in 2008 from Cairo University and FRCS in Ophthalmology from Royal College of Physicians & Surgeons of Glasgow. She is the Coordinator of National Eye Health Program in Eastern Province in Ministry of Health, KSA and has been Reviewing & re-editing recent recommendations for elimination of preventable blindness by 2020 according to WHO recommendations.

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