Title: Dry Eye That’s Not Dry Eye
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1 Hour COPE
Category: Anterior Segment disease

All burning, irritated eyes aren’t “dry eye.” This course will present several anterior segment cases that were initially misdiagnosed as Dry Eye Disease. Attendees will be offered case history, exam data and diagnostics testing results to interactively arrive at the proper conclusion. The course takes a deep dive into potential differential diagnoses that mimic Dry Eye Disease. Each case reviewed are conditions commonly seen in optometric practice and offer clinical application.

Objectives:

- To accurately identify signs and symptoms of Dry Eye Disease
- To demonstrate the clinical applications and benefits of diagnostic testing in ocular surface disease
- To inform attendees about anterior segment conditions that mimic Dry Eye Disease
- To educate primary care optometrists about sign and symptoms and potential differential diagnoses in Dry Eye Disease
- To provide clinical cases to illustrate principles outlined in the course.
Outline

I. Dry Eye Disease
   a. Demographics
      i. Females>Males
      ii. Changing demographics
   b. Causes
      i. Anatomical
      ii. Physiological
      iii. Autoimmune
         1. Sjögren’s syndrome
         2. Lupus
            a. Primary
            b. Secondary
         3. Rheumatoid arthritis
      iv. Modern risk factors
         1. Surgical
            a. Cataract
            b. Refractive
            c. Oculo-plastic
      v. Medications
      vi. Hormone changes
         1. Menopause
         2. Birth control pills
         3. Pregnancy
      vii. Diseases
1. Diabetes
2. Thyroid conditions

c. Sign and symptoms
   i. Hyperemia
   ii. Epiphora
   iii. Irritation
   iv. Visual fluctuations
      1. Blur
      2. Contrast sensitivity

II. Case #1 Conjunctivochalsis
   a. Case history
      i. Patient demographics
      ii. Patient symptoms
      iii. Length of complaint
      iv. Prior or failed therapies
   b. Exam data
      i. Visual acuity
      ii. Diagnostic testing results
         1. Oculus keratograph Tear Prism Height
            a. May present as artifact
      iii. Slit lamp exam results
         1. Anterior segment photos
   c. Differential diagnoses
      i. Dry Eye Disease
      ii. Allergic Conjunctivitis
1. No true chemosis
2. No response to allergy medications
   iii. Conjunctivochoalsis
d. Treatment options
   i. Pinch-Paste technique
      1. Pre- and Post-operative considerations
      2. Conjunctival buttonhole created
      3. Fibrin glue injected (hold 30 seconds)
      4. Excise excess conjunctiva
      5. Pre- and Post- photos provided
   ii. Conjunctival revision with amnio-graft
   iii. Risks and benefits

III. Case #2 Punctal Stenosis
    a. Case history
       i. Patient demographics
       ii. Patient symptoms
       iii. Length of complaint
       iv. Prior or failed therapies
    b. Exam data
       i. Visual acuity
       ii. Diagnostic testing results
          1. Oculus keratograph Tear Prism Height
          2. Phenol red thread (PRT) testing results
       iii. Slit lamp exam results
          1. Anterior segment photos
c. Differential diagnoses
   i. Dry Eye Disease
   ii. Nasal lacrimal duct obstruction
      1. Discussion about dilation and irrigation
         a. Appropriate to time perform
         b. Technique
         c. Risks and benefits
   iii. Puntal stenosis
      1. Causes
         a. Aging
         b. Medications

IV. Case #3 Allergic Conjunctivitis
   a. Case history
      i. Patient demographics
      ii. Patient symptoms
      iii. Length of complaint
      iv. Prior or failed therapies
   b. Exam data
      i. Visual acuity
      ii. Diagnostic testing results
      iii. Slit lamp exam results
         1. Anterior segment photos
   c. Differential diagnoses
      i. Dry Eye Disease
      ii. Blepharitis
iii. Allergic conjunctivitis
1. Anterior segment findings
   a. Papillae at palpebral conjunctiva
   b. Edematous puncta resulting in epiphora
2. Treatment options
   a. Ophthalmic allergy medications
   b. Oral allergy medications
   c. Allergy injections
   d. Avoidance of allergen

V. Case #4 Post-Operative inflammation s/p Cataract extraction with intraocular lens
   a. Case history
      i. Patient demographics
      ii. Patient symptoms
         1. Chronic photophobia OD only
         2. 6 months s/p CE/IOL
      iii. Length of complaint
      iv. Prior or failed therapies
   b. Exam data
      i. Visual acuity
      ii. Diagnostic testing results
      iii. Slit lamp exam results
         1. Anterior segment photos
            a. Anterior chamber reaction
   c. Differential diagnoses
i. Dry Eye Disease

ii. Foreign Body

iii. Uveitis s/p CE/IOL
   1. Treatment options
      a. Topical steroids
      b. Steroid injection
      c. Surgery

VI. Case #5 – Epithelial Basement Membrane Dystrophy (EBMD)

a. Case history
   i. Patient demographics
   ii. Patient symptoms
      1. Blur
      2. Pain
   iii. Length of complaint
      1. >1 year
   iv. Prior or failed therapies

b. Exam data
   i. Visual acuity
   ii. Diagnostic testing results
   iii. Slit lamp exam results
      1. Anterior segment photos
   iv. Diagnostic testing results

c. Differential diagnoses
   i. Dry Eye Disease
ii. Recurrent corneal erosion (RCE)