

# Rescue for dry eyes - E-Eye from sehkraft!

Translated from German, original article:

<https://www.lifepr.de/pressemitteilung/sehkraft-augenzentrum-maus/Die-Rettung-fuer-trockene-Augen-E-Eye-von-sehkraft/boxid/844735>



(lifePR) (Cologne , 04/22/21)

A feeling of grain of sand, signs of fatigue, redness: every fifth German today suffers from dry eyes. A real disease of civilization for around 12 million people. Those over 40 are particularly affected; women suffer from the so-called sicca or office eye syndrome on average more often than men. The main cause is an increasing dryness of the skin and mucous membranes from mid-life, and the amount of tear fluid also decreases. This also has hormonal causes, especially in women. Long work on the computer with little blinking, artificial light, air pollution, dry heating air, air conditioning and, above all, years of wearing contact lenses often make the annoyance even worse. But also drugs such as the contraceptive pill, hormone replacement preparations, psychotropic drugs,

"Behind dry eyes there is almost always a malfunction of the so-called meibomian glands, which

are located behind the row of lashes on the upper and lower eyelids," explains Matthias Maus, ophthalmologist and head of the vision centers in Cologne, Berlin and Vienna. They produce a fatty secretion that forms the tear film of the eye with a highly watery tear fluid. The fatty layer prevents the tear fluid from evaporating too quickly or simply running out of the eye over the edge of the eyelid. If the meibomian glands become clogged, this important fat content is reduced or even completely absent. Consequence: The eyes become drier and watery. In addition, there is a lack of oxygen on the cornea, which is compensated for by an expansion of the vessels. The result: red eyes.

Tear substitutes in the form of drops, gels or ointments bring short-term relief. In milder cases, aqueous solutions with polymers such as povidone help, while more dry, viscous, i.e. thicker ingredients such as hypromellose, carbomer but also high-dose hyaluronic acid (0.3 or 0.4%) are used. Additives such as dexpanthenol or eyebright have an additional regenerative effect on the irritated cornea. To increase the lipid content of the tear film, there are sprays with phospholipids that are sprayed onto the closed eyelids, but also tear substitutes that are enriched with lipids. They are ideal for all those affected with dry eyes who also suffer from inflamed, permanently irritated eyelid margins. Depending on the cause of dry eyes, prescription,

The crux: Almost all treatment options for dry eyes target the symptoms and do not change the actual cause, namely the dysfunction of the meibomian glands.

And this is exactly where the new, innovative and gentle e-eye treatment comes. It works with pulsed light technology that emits ultra-short light sequences at various points below and to the side of the eye. This stimulates the parasympathetic nervous system, the part of the autonomic nervous system that controls various body functions. The activity of the sluggish meibomian glands is stimulated again via certain messenger substances. They release more lipid-containing secretions, which stabilizes the tear film and thus counteracts dry eyes. At the same time, the gentle light therapy can alleviate the annoying symptoms of eyelid inflammation (blepharitis) such as redness, swelling and crust formation. The treatment is completely painless, patients only feel a slight sensation of warmth. Three treatments within six weeks are ideal, A fourth treatment is also possible in the case of very persistent dryness. The effect lasts between eight months and three years, after which treatment can be given.

Treatment duration: 10 min

Costs: 795 euros for 3 to 4 treatments, refresher treatment 250 euros

Experience report

Susanne Schäfer, 52, editor from Berlin:

"For me this is a whole new quality of life"

Dry eyes - that always sounded like a banal thing to me. Until it hit me In my mid-40s, at the beginning of menopause. Probably the hormones were to blame. Just like the skin all over my body, my eyes apparently got drier from the change. After an hour on the computer, I had the feeling that they were downright dried out. They burned, itched and were actually always reddened. And due to the constant rubbing on the eye, the dryness wrinkles unfortunately increased in this area ...

Eye drops for moistening were my constant companion from now on. Since I dripped around four times an hour, at some point it was really expensive. I soon felt like a junkie because I panicked when suddenly there weren't any drops to hand. More than once I have fled from a cinema or restaurant to get supplies from a night pharmacy because I just couldn't stand the grater feeling any longer. As an alternative, I tried eye sprays containing lipids, which lasted a little longer. But in the end they didn't change the cause, my eyes stayed dry.

I happened to hear about the new E-Eye treatment through a friend. After a consultation at the vision center in Berlin, I immediately decided on this really innovative method. The advantages were obvious: the whole thing is gentle, safe and painless and brings long-lasting relief. At my first appointment I was a bit nervous. First I had to remove make-up from my eyes in the lower eyelid area, my closed eyelids were covered with special eye shells, as we know them from the solarium, and a special gel was applied to the lower eyelid area. That felt pleasantly cool. Then it started: my practitioner fired the first "shot", I "saw" a flash of light and felt a slight warmth. Five points under each eye were irradiated with the pulsed light so the actual treatment didn't even take five minutes. I was lying very relaxed on a lounge and even felt a bit like having a wellness treatment.

Then the gel was removed again and I was allowed to apply my usual eye cream and a concealer again.

In the evening after the treatment, I already had the feeling that my eyes were less dry, but thought that was more of a welcome placebo effect. I noticed in the first week after the treatment that this was not my imagination. The constant feeling of grain of sand in my eye became less and I also took up my eye drops less often. Today, after three treatments, I am literally looking positively into the future: I hardly need eye drops anymore, my eyes feel pleasantly moist and cool and are no longer reddened. And should the problem worsen again at some point, I know that a refresher treatment will bring me new visual comfort for years to come.

drying time - what else helps

- High-dose omega-3 fats in capsule form can help improve the lipid layer of the tear film. Omega-3 fats are also found in fatty sea fish and high-quality oils from rapeseed, flaxseed, hemp or walnuts.

- Warm, moist compresses, heat goggles and eyelid massage help when the ducts of the meibomian glands are blocked.
- When working on the computer, blink more consciously and take breaks, if possible in the fresh air.
- In the cold season with dry heating air, increase the humidity in rooms with air humidifiers or bowls with water and ventilate sufficiently regularly.
- Do not point the fans of air conditioners in cars or airplanes directly at your eyes.
- "Whitening" eye drops, which constrict the blood vessels, should be used as rarely as possible.
- Swap contact lenses for glasses every now and then

sehkraft is one of the most modern centers for refractive surgery worldwide and an international LASIK training center as well as the only KAMRA Center of Excellence in Germany and Austria. Since it first opened in 1991, more than 60,000 refractive laser surgeries and lens implants have been performed. sehkraft has over 50 employees. As an international reference center for the companies Alcon, Wavelight GmbH, Acufocus, LENSAR, Topcon and ifa Systems, sehkraft has constant access to the most modern technologies.



### Company address

- **sehkraft Augenzentrum**  
Wolfsstrasse 1650667 Cologne , DE
- [+49 \(221\) 86016-0](tel:+49221860160)
- [info@sehkraft.de](mailto:info@sehkraft.de)
- <https://www.sehkraft.de>

### Short facts

- E-EYE treats the cause of dry eye, not just the symptoms
- The E-Eye treatment is a new pulsed light technology for ophthalmology.
- The treatment with E-Eye only takes a few minutes and then lets you start your everyday life again.
- E-Eye is currently the only device in the world that is specially certified for the treatment of dry eyes.

### Contact Person

- Edith Lange
- Managing directors
- [+49 \(0\) 221 860 16 12](tel:+4902218601612)
- [Lange@sehkraft.de](mailto:Lange@sehkraft.de)