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Local optometry clinic opens dry eye suite in Shelburne

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Local Journalism Initiative Reporter

Shelburne Primary Eye Care is looking to elevate eye care with an expansion of services and the introduction of new technology dedicated to treating dry eyes.

The local optometry clinic, located at 207 First Ave. E in Shelburne, celebrated the unveiling of its new dry eye suite during a special event on April 25.

?We're excited to be able to offer information, education and treatment for an issue that people have come in to us for years and we didn't have any treatment,? said Dr. Colette Whiting, co-owner optometrist at Shelburne Primary Eye Care.

?Dry eye disease is rampant ? 25 per cent of Canadians are symptomatic and more have it. Now, we can start treating and educating people because they haven't been educated on their eyelids in the past,? added Dr. Sandra Gillis-Kennedy, co-owner optometrist of Shelburne Primary Eye Care.

Dry eye syndrome (DES) occurs when there is a disruption in the balance between tear production and drainage, meaning the eyes don't produce enough tears or tears without the proper chemical composition.

There are many factors that can contribute to dry eye syndrome including aging, hormonal changes, UV exposure, and environmental conditions such as exposure to air pollution, wind, and low humidity. Dry eyes can also be symptomatic of problems with general health, medications, and genetics or family history. Common signs and symptoms of dry eye syndrome include redness, stinging, burning, grittiness, scratchiness, light sensitivity, tired eyes, regular use of eye drops, and a feeling of something foreign in the eye.