

SJÖGREN'S SYNDROME

DRY KERATOCONJUNCTIVITIS

90% of patients with Sjogren Syndrome are women 40 years of age or older who report having disturbed sleep, depressed mood, and fatigue, all of which lead to the development of MGD. However, in patients with Sjogren Syndrome, the meibomian glands are not affected initially

WHAT IS DRY KERATOCONJUNCTIVITIS?

Keratoconjunctivitis sicca presents with the typical symptoms of dry eye (burning and poor lacrimation), but has a specific cause in the damage to the lacrimal glands typical of Sjogren's syndrome.



Sjogren's syndrome is a chronic inflammatory autoimmune disease, most common in women between the ages of 40 and 60. The disease typically affects the exocrine glands, particularly the lacrimal and salivary glands, causing dryness. The disease can be **primary** when it appears isolated, or **secondary** when it is associated with a collagen disease, connective tissue disease such as rheumatoid arthritis.

The cause of keratoconjunctivitis sicca is an autoimmune process in the lacrimal glands.

SYMPTOMS OF DRY KERATOCONJUNCTIVITIS

- Dry eye
- Itch
- Foreign body sensation
- Redness
- Burning and pain
- Photophobia

TREATMENT

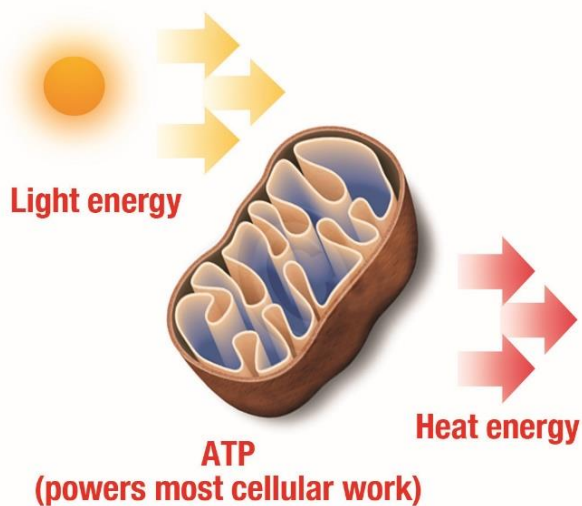
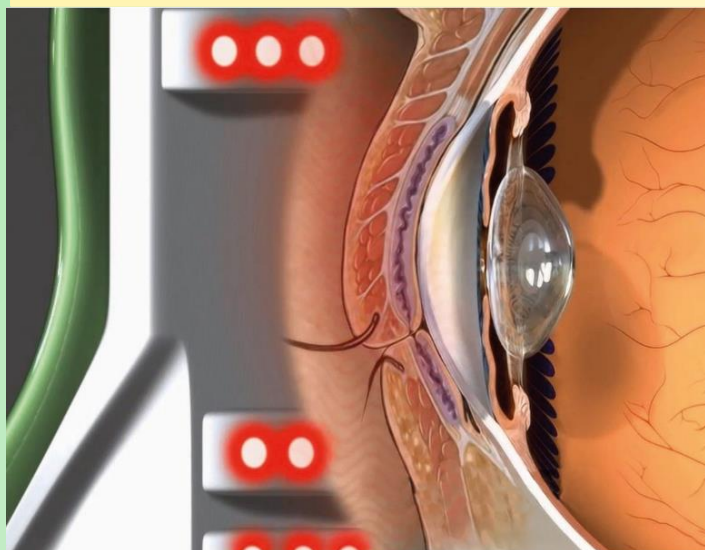
TREATMENT consists in the application of **RED LIGHT MASK** following suggested protocol.



RED MASK

Red light stimulates ATP by increasing and improving cellular activity, it reduces inflammation and oedema and works on Meibomian glands.

LIGHT MODULATION / LLLT - ACTIVATION MECHANISM



SUGGESTED PROTOCOL

	Week 1	Week 2	Week 3	Week 4
Red Mask for 15'	2 Applications	1 Application	1 Application	1 Application

BIBLIOGRAPHY:

«**Combined low level light therapy and intense pulsed light therapy for the treatment of dry eye in patients with Sjogren Syndrome**» - Matteo Di Marino, Massimo Cesareo, Claudia Valeri, Paola Conigliaro, Clarissa Giannini - University of Rome "Tor Vergata" - Italy