

DRY EYE: Definition of terms used...

Tear Meniscus Height:

Tear quantity in a patient's eye may be estimated by measuring the height of the tear meniscus, which is the tear "prism" that's visible between the ocular surface and the adjacent lid margin. The Tear Meniscus Height has been determined non-invasively using infrared light. As a guideline, values of less than 0.2mm indicate a low tear quantity.

Nikbut:

The tear film is, among other things, responsible for reducing the friction during blinks and for maintaining the optical quality of the eye. It is therefore crucial that the tear film remains stable between blinks. A tear film that is stable for less than 10 seconds may contribute to symptoms of dry eye or a burning sensation. Insufficient tear film stability can also be reason for fluctuating vision due to the reduced optical quality.

Meibography:

The meibomian glands are located in the upper and lower eyelid. These glands produce an oily substance that plays a crucial role in preserving the eye's tear film stability, as this oily substance helps preventing the evaporation of tears and thus symptoms of dry eye. When assessing the meibomian glands, only the gland orifices (or openings) can be seen at the lid margin with a biomicroscope. The actual glands can only be visualized by means of meibography, an imaging method using infrared light. Information about the health of the glands can further be derived from assessing the degree of capping of the gland orifices and the quality.