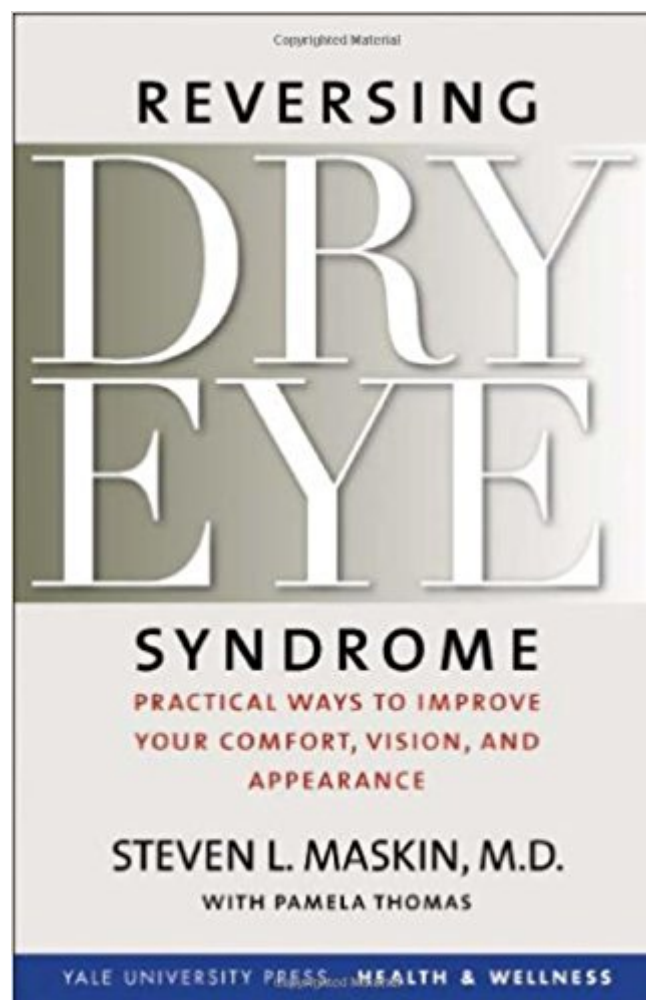




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# Reversing Dry Eye Syndrome: Practical Ways To Improve Your Comfort, Vision, And Appearance (Yale University Press Health & Wellness)





## Synopsis

This clear, accessible book combines detailed medical information with expert treatment advice for the estimated twenty million Americans who suffer from dry eye syndrome. Dr. Steven L. Maskin, an ophthalmologist who has been caring for dry eye patients for more than fifteen years, explains exactly what the syndrome is, why it occurs, and how it can best be managed and treated. He dispels the misunderstandings that surround dry eye syndrome and presents an easy-to-understand guide that may be read cover-to-cover or dipped into for specific topics of interest. Dr. Maskin begins with an overview of dry eye syndrome, then explains the myriad ways it can develop (allergies, aging, contact-lens use, LASIK surgery, diabetes, and various other diseases). He discusses how it can be successfully diagnosed and treated, offers guidelines for choosing a doctor and appropriate medications, and describes useful home remedies. In a concise final chapter, the doctor provides welcome answers to frequently asked questions. For patients who want to understand their disease and to participate actively in its management, this book is an essential reference.

## Book Information

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## Customer Reviews

"There are not many resources geared to consumers on this topic, so Maskin's practical and informative book is timely and highly recommended for public and consumer health libraries." —Library Journal  
"Relatively little information is available for the dry eye patient. In an effort to fill this void, Steven L. Maskin . . . has written this book aimed at answering many of the questions posed by dry eye sufferers. . . . [It is] important [for] its use as a resource for educating

dry eye patients who would like to learn more about their condition. It is well written and definitely a worthwhile read." — William D. Townsend, Optometry and Vision Science

Dr. Maskin describes in straightforward language the causes of, symptoms of, and treatment for dry eye syndrome. He presents an enormous amount of information clearly and succinctly." — Vivian E. Thomson, University of Virginia

"Until now there has been no lay book devoted solely to unlocking the complexity of [dry eye syndrome] and to providing useful guidance for dry eye sufferers." — Scheffer C. G. Tseng, M.D., Ph.D., from the Foreword

"Well-written and presented with an exceptional insight and knowledge about eye care. Dr. Maskin explains a complex subject in simple, understandable terms that will prove very beneficial to the experienced and inexperienced reader and patient." — John H. Sykes, Founder and Chairman Emeritus, Sykes Enterprises Incorporated

"One thing that is essential to my success as a professional tennis player is good, clear vision. Dr. Maskin's vast institutional knowledge of the eyes and the clear and succinct way in which he conveys that knowledge in his book will help me protect one of my most valuable assets for years to come." — Jennifer Capriati, Grand Slam Tennis Champion

Steven L. Maskin, M.D., is director, Cornea and Eye Surface Center, Tampa, FL. Pamela Thomas is a freelance writer and editor in New York City.

This book is well worth the small investment to learn from Dr. Maskin. I've been suffering with dry eyes for decades and thought I knew all there was to know. Boy, was I wrong. If you suffer from dry eyes or even suspect you do, I urge you to read this book.

I applaud the author for writing an intelligent, succinct, readable, upbeat overview of this irksome health issue. Patients who are newly diagnosed or who have not extensively researched the cause of their dry eye problems should definitely purchase this book. That being said, for someone like myself, who has already consulted ophthalmologists, am aware of my diagnosis, and have read numerous web articles on the topic, virtually all of the information was already familiar to me. However, I still unearthed one important nugget of information (that punctal occlusion using a cauterization process is reversible, and may be preferable to punctal plugs) which may be important for my future treatment. That alone was worth the price of the book, since my ophthalmologist had never mentioned this option. The book also contains a handy summary of the confusing variety of OTC eye drops and some good reminders about simple lifestyle changes that can be of great

benefit. While any person with dry eye should initially consult an ophthalmologist to obtain a proper diagnosis, I just love books like this because doctors these days have so little time to sit you down and explain all of the strategies and treatment options that can be of benefit. Having this book several years ago would have been very helpful to me; it is a perfect example of why a small investment can sometimes be more worthwhile than a whole string of doctors' appointments.

Dr. Maskin gives a very thorough, down to earth, discussion of the dry eye syndrome and its related conditions. Even though I am not a contact lens wearer, I enjoyed learning about the types of contacts, their special uses, and their care, especially in light of the fact that many contact lens wearers end up with dry eye. Also of interest were the chapters describing the various laser treatments sought by folks who wish to discard their contacts or glasses, and how those procedures can relate to development of dry eye. The book is written in a positive way most laymen can understand. Dr. Maskin gives many ideas for things you can do at home to try and gain some relief for your dry eye problem. A large percentage of cases of dry eye are allergy-related, so many do-it-yourself suggestions are related to relieving this cause. If all your efforts fail, Dr. Maskin explains how to search for an ophthalmologist who has some expertise in your area of need, and is most likely to be able to help you. After all, not all specialists specialize in treating the same problem! Diagnostic tests and various treatments are also described in this book. It gives much-needed hope and guidance to people who have been unable to find relief from their painful dry-eye syndrome.

I was in terrible pain during one year because I was diagnosed of dry eyes, I am 47 and my ophthalmologist explained me it was because of the menopause, I was spending a lot of money and making appointment every week and trying on every new eye drops on me. After reading this book I found all the signs Dr. Laskin explains like allergy, so I went to the allergist and after five days of medication I am cured and feel great. Thanks so much Dr. Laskin, now I have a normal life and my healthy eyes are back to me.

good book!

"Reversing Dry Eye Syndrome," by Steven Maskin, M. D., is a necessity for those diagnosed with dry eye syndrome - and having little knowledge of what to do and where to go following. Covering present treatments from therapeutic drops to surgical procedures, Dr. Maskin informs readers of the

choices available. If you are less than well-informed regarding the anatomy and physiology of the eye, enjoy excellent coverage of that subject matter here. The many causes of and contributors to this disease are carefully explained in easily understandable language, greatly aiding proper decision making for dry eye sufferers. It may not occur to many that sleeping with a fan blowing on oneself can damage eye health and vision; I learned that, and much more, from this book. Is diet a contributor to dry eyes? Climate? Allergies? Must aging destroy eye health and appearance? Which drops are good for dry eyes and which are not? Do you need other treatment(s)? Exactly what recourses are available for this disease? The answers are here. This book is a must for persons with dry eye syndrome!

This doctor is rated one of the best doctors in the USA. He has done 4 eye surgeries on me and restored my eyes to where they were 20 years ago. The surgeries were easy. Don't be afraid to get help. People from all over the country come to him. No one else knows what to do for you.

I ordered this book sent to my Kindle Fire. It is loaded with very detailed information but a lot of duplication too. I already knew much of this information but there were also some good tips about posture and the position of the computer and monitor when working for long hours. I've received some relief from the suggestion of using vaseline on the eyelids in addition to eyedrops prior to sleeping. For someone just learning about this syndrome, I would highly recommend this book.

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