

Low vitamin D tied to dry eye syndromes

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(HealthDay)—Patients with vitamin D deficiency should be evaluated for dry eye syndromes, according to a study published online Aug. 13 in the *International Journal of Rheumatic Diseases*.

Pelin Yildirim, M.D., from the Kocaeli Derince Training and Research Hospital in Turkey, and colleagues assessed the relationship between vitamin D deficiency and dry eye and impaired tear function in 98 premenopausal women (50 with vitamin D deficiency).

The researchers found that patients with vitamin D deficiency had lower scores in Schirmer's test and tear break-up time test (TBUT) and higher scores in the [ocular surface](#) disease index (OSDI). Fatigue severity scale was negatively correlated with Schirmer's test and TBUT scores, while visual analogue scale-pain was negatively correlated with TBUT scores. Stanford Health Assessment Questionnaire scores showed no significant correlation with dry eye parameters. Vitamin D level was negatively correlated with OSDI and positively with Schirmer's test and TBUT scores.

"Dry eye and impaired tear function in patients with vitamin D deficiency may indicate a protective role of vitamin D in the development of [dry eye](#), probably by enhancing tear film parameters and reducing ocular surface inflammation," the authors write.

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