



## Eye Health and Eye Care At Home

### What is systemic lupus erythematosus SLE?

Lupus is an autoimmune, chronic, inflammatory disease that can affect any organ or system in the body. Your eyes are no exception.

### What does lupus mean for your eyes?

Lupus can cause photosensitivity, inflammation and dry eyes. You may need more frequent eye exams depending on your symptoms and your medications. Ask your medical team how often you need to be tested. You may need prescription eye drops to decrease eye inflammation.

### Photosensitivity

Wearing UV protective sunglasses, applying UV filtering window film for home and vehicle, and wearing a hat that shades your eyes can all be helpful. Limiting exposure to indoor lighting such as fluorescent, halogen, Zenon and incandescent bulbs helps many people who usually tolerate full spectrum LED better than the other artificial light sources.

### Amsler Eye Grid

There are many free grids online so you can test yourself at home and know when to report changes to your eye care team. Use this test monthly at home.

<https://cnib.ca/en/sight-loss-info/your-eyes/eye-diseases/check-your-vision-amsler-grid?region=on>

[https://health.ucdavis.edu/eyecenter/pdf/amsler\\_grid.pdf](https://health.ucdavis.edu/eyecenter/pdf/amsler_grid.pdf)

<https://www.macular.org/wp-content/uploads/2016/05/amslerchart.pdf>

[https://www.brightfocus.org/sites/default/files/amsler\\_grid\\_eye\\_test.pdf](https://www.brightfocus.org/sites/default/files/amsler_grid_eye_test.pdf)

## **Dry Eyes**

This can include Sjögren's Syndrome, an autoimmune condition that attacks the glands in the soft lining in and around the eyes. You may find that your eyes are sensitive to bright light or burn or feel scratchy, especially in the morning. In addition to reviewing your medical history, your doctor may arrange special eye examinations or test your tear production with the Schirmer tear test to confirm a diagnosis of Sjögren's syndrome. If you have persistently and extremely dry eyes, your doctor may suggest plugging your tear ducts with collagen to increase moisture.

## **Moisture for Your Eyes**

- Use artificial tears, an eye lubricant or both.
- Protect eyes from sun and wind with sunglasses.
- Do not wear contact lenses.
- Blink frequently when using a computer/tablet/phone screen or when watching tv.
- Increase indoor humidity.

## **For More Information**

Lupus Ontario Facts Booklet [www.lupusontario.org](http://www.lupusontario.org)

Lupus Canada Resources <https://www.lupuscanada.org/resources/>

US National Institute of Health

<https://www.ninds.nih.gov/Disorders/All-Disorders/Sj%C3%B6grens-Syndrome-Information-Page>

Mayo Clinic

<https://www.mayoclinic.org/diseases-conditions/sjogrens-syndrome/symptoms-causes/syc-20353216>