



## CORE Publishes Summaries of the Tear Film & Ocular Surface Society (TFOS) Lifestyle Reports to Promote Practitioner and Patient Knowledge

Contact Lens Update *Issue 74* Now Available

**WATERLOO, Ontario, November 7, 2023**—In response to increased clinical interest regarding how lifestyle choices affect the ocular surface, [the Centre for Ocular Research & Education \(CORE\)](#) has published a resource collection to promote greater understanding among the global eye care community and their patients. Issue 74 of *Contact Lens Update* expands on the Tear Film & Ocular Surface Society (TFOS) Lifestyle Reports that were published earlier this year. The issue is available at no charge by visiting [ContactLensUpdate.com](#).

“Multiple factors may affect the patient sitting in front of you. The World Health Organization has recognized that eye problems can be a result of our lifestyle choices,” said Lyndon Jones, director of CORE and a member of the TFOS Board of Directors. “The TFOS Lifestyle Workshop was created to address how different aspects of our modern lifestyles can affect the health of the ocular surface. The broad range of reports address topics including the impact of contact lenses, the type of eye makeup they are wearing, to the state of their mental health. Our work to increase practitioner awareness of these issues will improve patients’ lives.”

The TFOS Lifestyle Reports also provides information on digital eye strain and digital device use, and discusses how food, beverages, and elective procedures can affect the integrity of the ocular surface. Information in Contact Lens Issue 74 enables both practitioners and patients to increase their knowledge of how different aspects of life impact the ocular surface, and provides insights on modifications that can improve the overall quality of life.

Jennifer Craig, professor at the University of Auckland and Chair of the TFOS Lifestyle Workshop, provides an introduction to the reports in the issue’s [editorial](#). Her overview summarizes some of the key clinical findings from the eight topic reports, which span contact lenses, cosmetics, the digital environment, elective medications and procedures, environmental conditions, lifestyle challenges, nutrition, and societal challenges. The summary helps practitioners narrow down important points of discussion that could be affecting the health of their patient’s ocular surface.

The [feature article](#) features a series of eight informative infographics that condense the TFOS findings into an easily accessible visual format. This provides eye care practitioners with a synopsis of the important findings from each report, before they delve into the full details found within the comprehensive reports.

This issue's [clinical insight](#) is a two-page patient handout provides take-home messages from each of the TFOS Lifestyle Reports. This serves as a way for practitioners to open the conversation into how lifestyle impacts our eyes, and empowers patients to take a proactive role in managing the health of their ocular surface.

Himal Kandel, a Kornhauser Research Fellow at the Save Sight Institute, The University of Sydney, contributes the [conference highlight](#). First presented as a poster at the Association for Research in Vision and Ophthalmology 2023 annual meeting, his study describes use of an international registry to examine factors that affect the quality of life in people with different types of dry eye disease and corneal neuropathic pain.

Published six times per year, [Contact Lens Update](#) provides a global platform for unbiased clinical insights based in current research. Since 2011, each issue has provided dependable and up-to-date ocular health information for more than 60,000 leading eye care professionals.

In addition to a complete [archive of back issues](#), ContactLensUpdate.com offers a [resource library](#) that provides no-cost professional tools, patient resources, images and video. It also houses [complimentary technical training videos](#) produced by International Association of Contact Lens Educators, plus an industry glossary. Industry professionals can access the latest issue directly from [ContactLensUpdate.com](#) or [quickly sign up for email receipt](#) of future issues.

The publication receives support from the educational arms of [Alcon](#), [CooperVision](#), and [Johnson & Johnson Vision](#).

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The screenshot shows the homepage of the Contact Lens Update website. At the top, the logo "Contact Lens Update" is displayed in green, with the tagline "CLINICAL INSIGHTS BASED IN CURRENT RESEARCH" below it. To the right of the logo is a search bar with the text "SEARCH OUR SITE" and a search icon. Below the logo is a navigation menu with the following items: Home, Browse Past Issues, Resource Library, Back to Basics, Useful Links, About Us (with a dropdown arrow), and Contact Us. The main content area features a large green banner for "ISSUE 74 | TFOS LIFESTYLE REPORTS" with a "MORE »" button. Below the banner are four featured articles: "EDITORIAL" (with an image of a family), "FEATURE ARTICLE" (with an image of a laptop and notebook), "CLINICAL INSIGHT" (with an image of various nuts and seeds), and "CONFERENCE HIGHLIGHTS" (with an image of a conference room). On the right side of the page, there is a vertical sidebar menu with the following items: Home, Browse Past Issues, Resource Library, Back to Basics, Useful Links, About Us, and Contact Us.

Investigating the clinician's and wearer's impact on the ocular surface

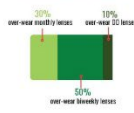
1 CONTACT LENS CHOICES

Daily disposable (DD) lenses account for approximately



- Benefits of daily disposable lenses**
- ✓ Enhances compliance to lens replacement\*\*
  - ✓ Increases convenience\*
  - ✓ Affordable price†
  - ✓ Great option for children†
  - ✓ Reduces ocular inflammatory complications†
  - ✓ Improves symptoms of ocular allergy†
  - ✓ Avoids complications linked to storage cases\*\*

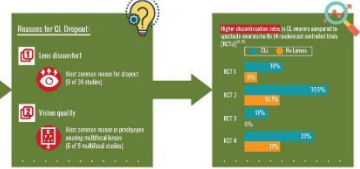
Contact lens (CL) wearers in North America fail to replace their lenses on time\*



- New compliance to scheduled replacement
- Reduces comfort & vision
- Exposure to tap water
- Frequently cleaning and replacing cases
- Topping off solutions
- Storage in lenses

How has COVID-19 Impacted CL Wear?

- Work associated dry eye\*\*
- Reduced use of CLs due to less socializing during lockdown†
- Exposure to hand sanitizer accidentally entering the eye†
- CL discomfort associated with increased use of digital devices††



2 LIFESTYLE CONSIDERATIONS

- Supply Chain**
  - Purchasing CLs through unregulated outlets: Infrared heaters, discount stores, etc.
  - Increase the risk of CL-related problems
  - Lack of education on CL safety & hygiene
- Health & Aging**
  - Kids can successfully wear CLs†
  - Benefits of medical CLs: Pain relief, contact seating, etc.
  - Some systemic diseases can affect CL performance
- Environmental Factors**
  - Struggle the clinical performance of contact lenses
  - Challenging environments for CL wearers: Low humidity, high altitude and pollution
  - Show signs of slower pre- and post-CL wear, less stable tear film and increased dryness
- Recreational Sports & Activities**
  - Increased blink rate due to digital device use
  - Increases visual discomfort†
  - Preclude fully corrected CL for optimal performance
  - CLs preferred over spectacles due to comfort, convenience and increased peripheral vision
- Auto Compliance & Case Behavior**
  - ~90% of wearers do not do at least one risky CL hygiene behavior\*\*
  - Declining CL performance associated with smoking, drug and excessive alcohol intake
  - Higher risk taking personalities are associated with poorer CL compliance
- Personalization (use of CLs)**
  - Targeting bifocalers to wear film with smart CLs to enable point-of-care diagnostics\*\*
  - To deliver ocular drugs
  - To manage allergies, ocular surface and internal ocular diseases
- Visual Distraction & Research Interest**
  - Lack of direct reports on the impact of stress, depression or physical inactivity on CL wear
  - Dry eye patients suffer greater levels of stress and depression
- Quality of Life (QoL)**
  - CL wear increases patient satisfaction due to improved visual quality, comfort and cosmetics
  - All ages have a better QoL with CLs
  - Improved QoL in pediatric and hereditary populations
- Environmental Impact**
  - Choose environmentally friendly disposal options for CL and care products
  - Flushing CLs down the drain is harmful to the environment
  - Aim for greater sustainability of CL product life cycle

**Contact Lens Update**  
CONTACT LENS UPDATE: A LIFESTYLE EPIDEMIC: OCULAR SURFACE DISEASE  
For more resources like this, visit [ContactLensUpdate.com](https://contactlensupdate.com)

View and download all eight high-resolution JPEG and PDF infographics at <https://contactlensupdate.com/2023/11/03/tfos-lifestyle-reports-infographic-summaries/>

# TFOS LIFESTYLE

## A LIFESTYLE EPIDEMIC: OCULAR SURFACE DISEASE RECOMMENDATIONS FROM THE REPORTS

**1** IMPACT OF CONTACT LENSES ON THE OCULAR SURFACE




Ask your eye care practitioner if daily disposable contact lenses are the right fit for you

Benefits of daily disposable contact lenses:

- ✓ Reduces the risk of complications by wearing a new pair every day
- ✓ No time spent cleaning lenses and storage cases
- ✓ Affordable
- ✓ Good option for kids




**2** IMPACT OF COSMETICS ON THE OCULAR SURFACE




✗ Avoid sharing eye makeup!

Sharing products can transfer bacteria and viruses



⚠ Mascaras have a higher risk of being contaminated from the environment and your eyelashes, which can cause an infection



Eyelash growth products can cause:

- ◆ Red eyes
- ◆ Irritation
- ◆ Itching
- ◆ Lash loss

**3** IMPACT OF THE DIGITAL ENVIRONMENT ON THE OCULAR SURFACE

What is digital eye strain?

- ◆ The progression or development of eye symptoms like eye strain, dryness, soreness and blurred vision due to the long-term use of digital devices



- ✓ See your eye care practitioner to have your prescription and binocular vision checked



- ✓ Omega-3 fatty acid supplements can help improve symptoms



- ✗ Lack of strong evidence to prove blue-light blocking lenses are effective



**4** IMPACT OF ELECTIVE MEDICATIONS & PROCEDURES ON THE OCULAR SURFACE



Over-the-counter treatments, including natural products, can have side effects



Elective surgeries on or near the eye can cause dry eye



If you are considering refractive (laser) surgery, ask if you are suitable for small incision lenticule extraction (SMILE)

- ◆ Smaller incision = less nerve damage
- ◆ Symptoms of fluctuating vision and blur post-surgery returned to normal after a month
- ◆ Fewer dry eye symptoms compared to alternate techniques, reported in long-term follow up

This information was adapted from the TFOS Lifestyle reports that were published in The Ocular Surface from April to July 2023. The reports can be downloaded [here](#). Additional information can also be found at the [TFOS website](#).



PATIENT HANDOUT

For more resources like this, visit [ContactLensUpdate.com](https://contactlensupdate.com)

Download the two-page, high-resolution PDF patient handout at <https://contactlensupdate.com/2023/11/03/patient-handout-tfos-lifestyle-recommendations/>

About the Centre for Ocular Research & Education (CORE)

The [Centre for Ocular Research & Education \(CORE\)](#) was established in 1988 at the University of Waterloo's [School of Optometry & Vision Science](#). Over the next three decades, the organization evolved from a three-person operation into a thriving hub of basic and applied research, collaborating with sponsors, agencies and academia on advanced biosciences, clinical research and education. Its uncompromising independence and results of the highest quality have been at the heart of many of the most prominent advances in eye health. Today, its approximately [50-person team](#) serves a range of ophthalmic sectors, including medical devices, ocular pharmaceuticals, digital technology and others, with a focus on the anterior segment. For more information, please visit [core.uwaterloo.ca](http://core.uwaterloo.ca).

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