



## **Title: The Enigma of Skin Rosacea & Dry Eyes**

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### **Abstract:**

#### Introduction

Although skin rosacea has long been recognised as a risk factor for dry eyes, what is unclear is how important a contributor it actually is.

#### Methods

This presentation will share some of the key aspects of skin rosacea, which will be supported by peer reviewed articles from both dermatology and ophthalmology and how it might affect the ocular surface and in particular the meibomian glands.

#### Results

In our tertiary referral dry eye clinic the presence of skin rosacea is by far the most common presentation associated with recalcitrant dry eyes. 80% of this referred cohort have either skin rosacea, ocular rosacea or both.

#### Conclusion

Considering how prevalent dry eyes have now become, it is imperative that rosacea is at least diagnosed by the eyecare practitioner. Not grasping the importance of rosacea will often lead our patients into a convoluted tailspin with many of the staple treatments that are prescribed causing the rosacea and the dry eyes to get worse. By default this also has serious implications for our contact lens patients.