
Preface

On most working days, there will be a (usually female) distressed and sometimes crying patient sitting in front of me... telling about how dry eye is ruining her life. Why is this such a frequent scenario in my rooms? There are three reasons: (1) Dry eye affects all tasks of daily living, even sleep, and can impact severely the function and quality of life. (2) The incidence especially with the ageing population and increase in computer use is rising, and as dry eye persists and worsens without proper treatment, the prevalence is growing too. (3) Last, and the driving force behind this book, is the lack of sufficient understanding amongst the eyecare community on the appropriate treatment and management of dry eye patients.

This book aims to present current understanding of dry eye in an easy-to-read and practical manner. Key points are highlighted throughout each chapter, and each chapter is deliberately relatively short and to the point. A chapter of case reports enhances the practical teachings of the rest of the book. A look at the list of authors looks like a meeting of the United Nations. Each of the authors I know shares the same enthusiasm and passion for educating eyecare professionals in the treatment of dry eye.

I would like to thank these authors for their valuable contributions to this book. I would also like to thank Springer publications and their staff for bringing this book to publication. And, most importantly, I would like to thank my wife Amelia and my parents for their encouragement, love and support.

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Dry Eye

A Practical Approach

Chan, C. (Ed.)

2015, VII, 121 p. 60 illus., 58 illus. in color., Hardcover

ISBN: 978-3-662-44105-3