

# Dry Eye Syndrome and Humidity

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This week we hooked up with Dr. LaMar Gunnarson. Dr Gunnarson is an Ophthalmologist with Lakes Area Eye Care and specializes in eye care. We talked about what happens in the winter months with dry eye syndrome. Dr. Gunnarson says that in the winter months he sees many more patients with this problem. A lot of this is brought on by the lack of humidity in the air. We are living more indoors in much dryer conditions. This leads to dryer, itchy, red eyes. One way to help is to lubricate the eyes with lubricating eye drops. This does not mean the over the counter drops. Most of these products are just preservatives in water and do not work. Dr. Gunnarson has a product that taken every day will lubricate the eye and relieve the red.



You can also add humidity to the air by installing a humidifier. Honeywell makes and new steam generating system that instantly adds humidity to the air. This system is much better than the old water fall method and saves on water usage, much greener. This combined with a thermostat that reads and controls the humidity in your house is a great combination.

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