

DRY EYE: An Overlooked Symptom of Perimenopause and Menopause

FEATURE IMPACT

Dry eye is one of the most overlooked symptoms of perimenopause, the phase of fluctuating hormones leading up to a woman's final period, and menopause, the point in a woman's life when she's gone a year without a period.

In fact, 79% of women¹ recognize hot flashes as a symptom of menopause, but only 14% recognize dry eye as a menopause-related symptom, according to the 2026 Bausch + Lomb (Peri)Menopausal Survey. What's more, 78% of women¹ were surprised to learn that dry eye is a symptom of perimenopause or menopause.

"Dry eye is still widely overlooked as a symptom of menopause, and many women think it's just a minor nuisance, but the truth is it can significantly affect your daily life," said Neda Gioia, OD, CNS, IFMCP, FOWNS, founder, Integrative Vision. "Early symptoms are often misunderstood or self-treated but it's very important for women who experience symptoms to see an eye doctor and get an accurate diagnosis and treatment."

During perimenopause and menopause, declining hormone levels can impact tear production, tear quality and tear evaporation, contributing to dry eye symptoms including redness, fluctuating vision and a gritty or tired feeling in the eyes, all of which can impact day-to-day comfort and quality of life. If left untreated, dry eyes may worsen over time, potentially impacting eye health and vision. Among peri-, menopausal and post-menopausal women who experienced dry eye, 80% said the



symptom came as a surprise.

Respondents reported their dry eye symptoms caused difficulty reading (58%), difficulty using screens (53%), difficulty driving (26%) and reduced productivity (17%), underscoring the often-overlooked impact dry eyes can have on everyday life.¹

However, there are a variety of products and treatment approaches available to help manage dry eye symptoms. For example, Bausch + Lomb offers a range of options designed to address the main causes of dry eye.

A doctor-recommended, clinically proven once-daily soft gel supplement that targets the key root causes of dry eyes, Blink NutriTears supports healthy tear production and provides lasting, continuous relief.* § As part of a comprehensive approach to dry eye management, the supplement can be used with Blink Triple Care Preservative Free Lubricant Eye Drops, which are designed to directly address tear evaporation, one of the leading causes of dry eye, and provide instant and long-lasting symptom relief.

An eye care professional can help determine the approach that's right for each individual. To learn more about dry eye and products to help combat it, visit Just-Blink.com.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

12026 Bausch & Lomb (Peri)Menopause Survey via Suzy, n=402; Women ages 30-80+ who are perimenopausal, menopausal, or post-menopausal
§Based on a clinical study

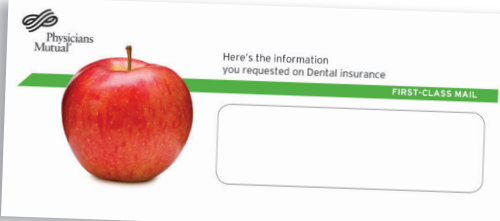
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