

SPEED scores improve in soft contact lens patients when using Restasis or Xiidra

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Introduction

Dry eye is a multifactor disease, with many factors contributing to its pathogenesis. However, contact lens wear has been shown in many studies to exasperate dry eye signs and symptoms. There are two FDA approved medications to treat dry eye disease, Restasis and Xiidra. This study sought to examine symptomatic improvements using the SPEED (Standard Patient Evaluation of Eye Dryness) questionnaire in both soft contact lens wearers as compared to non-contact lens wearers in patients using either Restasis or Xiidra.

Methods & Materials

This retrospective study involved 10 soft contact lens patients and 10 non-contact lens wearers. Each patient filled out a SPEED questionnaire prior to treatment of either Restasis or Xiidra. There were 5 soft contact lens wearers taking Restasis, and 5 taking Xiidra. This group was compared to the control group of non-contact lens wearers, with 5 taking Restasis and 5 taking Xiidra. The average age of the Restasis patients was 51 years, and the average age of Xiidra patients was 52 years old. SPEED questionnaires were recorded at the initiation of either treatment, and >3 months post-treatment but less than 1 year.

SPEED Questionnaire

Name: _____ Date: ___/___/___
DOB: ___/___/___ Sex: M F (Circle)

How **FREQUENTLY** do you experience the following dry eye symptoms?

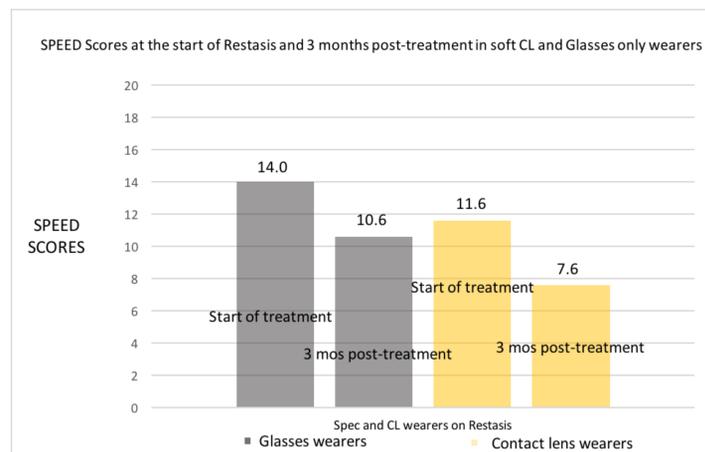
Symptoms	Never (0)	Sometimes (1)	Often (2)	Constant (3)
Dryness, Grittiness or Scratchiness				
Soreness or Irritation				
Burning or Watering				
Eye Fatigue				

How **SEVERE** are your dry eye symptoms?

Symptoms	No problems (0)	Tolerable - not perfect but not uncomfortable (1)	Uncomfortable - irritating but does not interfere with my day (2)	Bothersome - irritating and interferes with my day (3)	Intolerable - unable to perform my daily tasks (4)
Dryness, Grittiness or Scratchiness					
Soreness or Irritation					
Burning or Watering					
Eye Fatigue					

Results

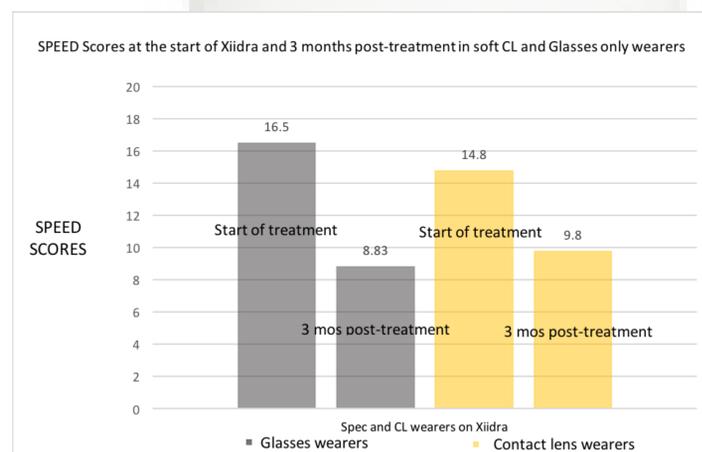
This study showed that both soft contact lens wearers as well as non-contact lens wearers improved symptomatically after using both Restasis and Xiidra for >3 months. The average improvement in soft contact lens wearers taking Restasis was 30%, and 24% in non-contact lens wearers. Those taking Xiidra who wore soft contact lenses improved symptomatically by 32%, and non-contact lens wearers improved by 35% from baseline. There was a significant improvement in symptoms in using either Restasis or Xiidra.



Discussion

It has been shown that both Restasis and Xiidra work efficiently at treating dry eye disease, however, there has been little comparison on soft contact lens wearers to glasses only wearers and the symptomatic improvement of either medication on their dry eye symptoms. This study suggests that both medications improve patient symptoms in as little as 3 months. To enhance the validity of this study, other parameters, such as any additional dry eye treatments during the course of the study, should be controlled.

The average improvement in soft contact lens wearers taking Restasis was 30%, and 32% in those taking Xiidra.



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Conclusion

Symptomatic improvement of both Restasis and Xiidra improved in both soft contact lens wearers, and glasses wearers in as little as 3 months, but the greatest improvement was in glasses wearers.

While more subjects are necessary for higher validity, this study's sample suggests that both Restasis and Xiidra are effective at improving dry eye symptoms of patients wearing soft contact lenses in as little as 3 months. This study did not compare efficacy between the two medications, so a future study should compare efficacy between the two medications.

References

- Korb et al. "Lid-Wiper Epitheliopathy and Dry-Eye Symptoms in Contact Lens Wearers." *Eye & Contact Lens*. 2002.
- Wilson et al. "Long-term Resolution of Chronic Dry Eye Symptoms and Signs after Topical Cyclosporin Treatment." 2007.

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