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HydroEye Raised Lactoferrin Levels Pre- and Post-LASIK

A study conducted by Frank A. Bucci, Jr., M.D., found that LASIK candidates suffering from dry eye who took the nutritional supplement HydroEye (ScienceBased Health) for 1 month before surgery displayed increased levels of lactoferrin, both before and after surgery. HydroEye contains gamma linolenic acid (GLA), an omega fatty acid; according to the manufacturer, studies have shown that GLA dampens inflammation, increases tear production and reduces dry eye symptoms in post-PRK patients.

Dr. Bucci asked 20 patients with a history of evaporative or aqueous-deficient dry eye to take the recommended dose of HydroEye for 1 month before and after surgery. Dr. Bucci also evaluated 20 age-matched patients with no history of dry eye who did not take the supplement. He measured tear lactoferrin levels at baseline, on the day of surgery, and at 1 day and 1 month following surgery.

At the beginning of the study the 20 patients with dry eye had lower lactoferrin levels than the control group (0.95 ng/ml vs. 1.1 ng/ml). The study found:

- ▶ The treated patients showed a significant 32% increase in lactoferrin during the pre-surgery period, with levels 24% greater than the controls by the day of surgery.
- ▶ One day after surgery, the treated groups showed a smaller drop in lactoferrin levels than the controls, to 0.88 ng/ml (vs. 0.77 ng/ml).
- ▶ Lactoferrin levels in both groups rose during the month after LASIK; levels in the treated group ended up slightly higher than baseline.