

Understanding dry eye disease from the patient perspective: A cross-national evaluation of burden, care pathways, and unmet needs

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BACKGROUND

Dry Eye Disease (DED)

- **Chronic discomfort and visual disturbance**
- Symptoms: sensations of **dryness, itching, and burning**^{1,2}
 - Also associated with increased anxiety and depression¹⁻³
- Affects **between 5% and 50% globally**^{1,3}
- Driven by^{1,2}
 - **Loss of tear film homeostasis**
 - **Ocular inflammation**
 - **Ocular tissue damage**

The NESTS Study

- The **Needs Unmet in Dry Eye: Symptoms, Treatment and Severity (NESTS)** Study assesses the **real-world prevalence, impact, and perception of DED in a multinational adult population**
- Provides a **unique breadth of subject feedback** for the **understanding of perception, diagnosis, burden, effects, and treatment of DE**

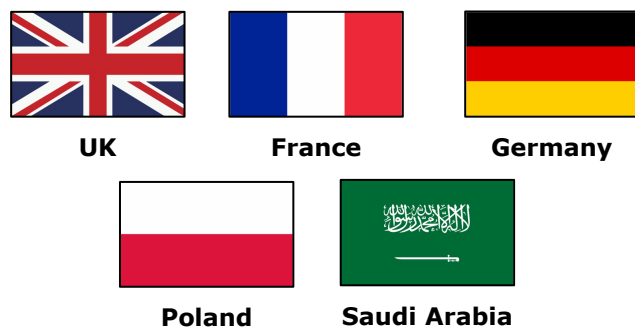
Study Objectives

- To characterize the burden, experience, and unmet needs of DE sufferers across 5 international populations
- To identify opportunities for earlier, more meaningful engagement between patients and ECPs

METHODS

Study Design

Two-phase, self-reporting survey study of adults with self-diagnosed and physician-diagnosed DE from 5 countries



Phase I

- Online interviews conducted February to March 2025
- Data weighted by age, gender, and region to reflect each country's overall general adult population (with/without DE symptoms)
- N=2,580

Phase II

- Online interviews conducted in March to April 2025 in adults reporting regular DE symptoms
- The sample was augmented to achieve the requisite sample sizes in each country
- Data weighted by gender, age, and geography to the profile of dry eye sufferers within the general population
- N=2,572

REFERENCES

1. Sheppard J, et al. *Ann Med*. 2023;55(1):241-52.
2. Bron AJ, et al. *Ocul Surf*. 2017;15(3):438-510.
3. Stapleton F, et al. *Ocul Surf*. 2017;15(3):334-365.

ABBREVIATIONS

DE, dry eye; DED, dry eye disease; ECP, eyecare professional; HCP, healthcare professional. OTC, over the counter.

ACKNOWLEDGEMENTS

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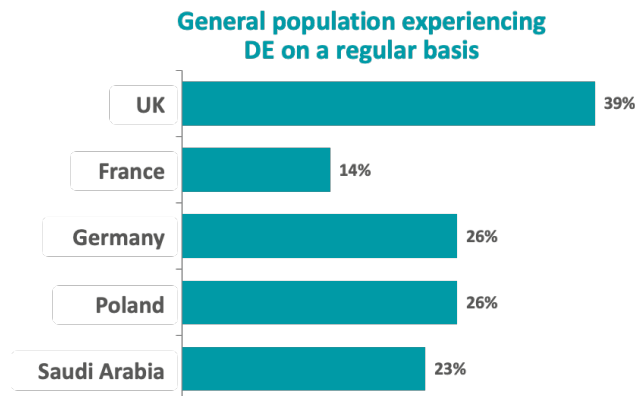
DISCLOSURES

Piotr A. Wozniak, Marc Labetoulle and Elisabeth M. Messmer are consultants and advisors for Bausch + Lomb; Robert Ryan is an employee of Bausch + Lomb.

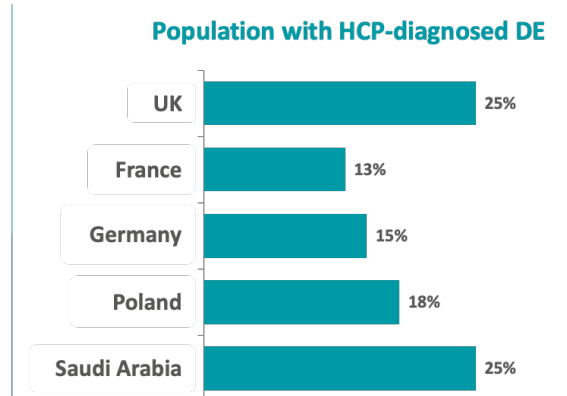
RESULTS

In the general population:

- **14%–39%** of participants **regularly experienced DE symptoms**
- **DE diagnoses** ranged from **13%–25%**



Phase I base: UK = 508, France = 512, Germany = 507, Poland = 534, Saudi Arabia = 519



Phase II base: UK = 506, France = 513, Germany = 523, Poland = 521, Saudi Arabia = 509

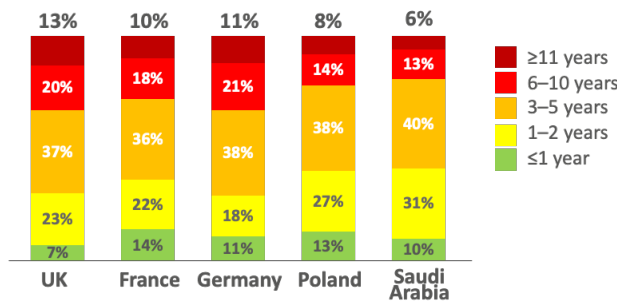
- **~50%** of DE sufferers said they **experience symptoms at least once a day**
- **Most experience symptoms year-round**
- **Most** describe their symptoms as **moderate to severe**, particularly in the UK and Germany

1/3 of DE sufferers have had symptoms for >5 years

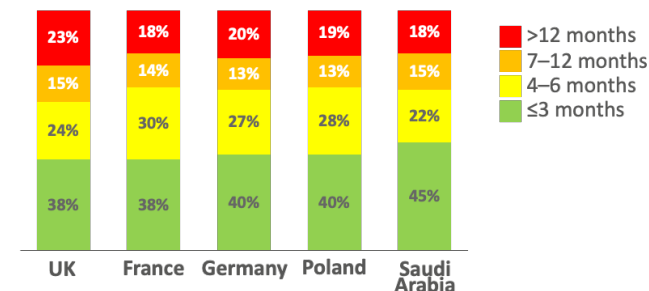
Up to one-third of patients who received refractive or cataract surgery reported experiencing DE symptoms only after surgery

- **~20%** waited **>1 year** before consulting an HCP
- Main reasons for not visiting an HCP were **perceived lack of severity** and acceptance of DE as a **problem to live with**

Number of years DE sufferers have experienced dry eye symptoms



Number of months between start of symptoms and first visit (Among those who consulted an HCP)

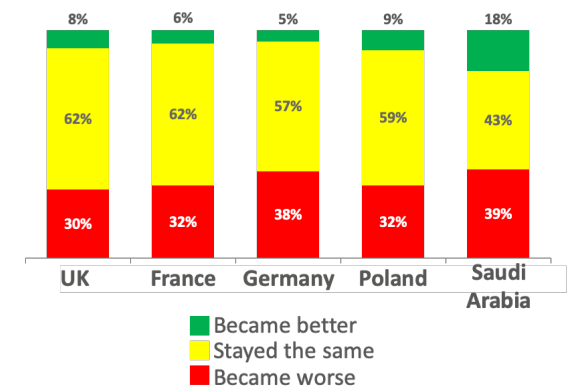


Phase II base :
UK = 506
France = 513
Germany = 523
Poland = 521
Saudi Arabia = 509

≥30% of DE sufferers report symptoms became more bothersome in the past year

- **More patients expressed worsening** of symptoms than improvement
- **>80%** of DE sufferers have **modified their behaviour due to dry eye**
- **Screen time and reading** were the biggest ways in which dry eye impacted everyday life

DE became more or less bothersome over the past year



CONCLUSIONS

Dry eye is underdiagnosed

- Up to 40% of the surveyed population experience regular symptoms of DE, yet only 1 in 5 are diagnosed

Dry eye sufferers experience frequent symptoms

- Half of DE sufferers experience significant symptoms every single day

More people are getting worse than getting better

- 20% of DE sufferers wait more than a year before talking with an HCP
- Few patients feel they have a treatment tailored to their individual needs

Opportunities

- More proactive and earlier DE screenings
- Consistent patient communication and follow-up