

## University of Groningen

### Lifestyle and dry eye disease

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# Propositions

1. Although not traditionally considered a lifestyle disease, the occurrence of dry eye disease is intertwined with several lifestyle factors.
2. Poor sleep quality is prevalent among people with dry eye disease and is a problem that needs to be better addressed in patient care.
3. Neither habitual caffeine nor alcohol consumption has a great impact on the risk of having dry eye disease, and deviations from general dietary recommendations are not necessary.
4. Drinking more water does not translate to having lower risk of dry eye disease.
5. A Mediterranean diet likely has many positive effects on the body, but preventing dry eye disease might not be one of them.
6. Sufficient physical activity, in conjunction with less sitting time and VDT use, reduces the risk for having dry eye disease, in addition to other health benefits.
7. Clinicians should have a holistic perspective when treating patients with dry eye disease and empower them to achieve the best quality of life possible, in addition to treating the underlying condition.
8. The most important part in getting the right answers is asking the right questions.
9. You should always be skeptical of a simple solution to a complex problem.
10. Partaking in the process of science requires a mind to be able to put to rest the truths of yesterday in exchange for the knowledge gained today to strive towards a wiser tomorrow.
11. [Dry eye disease] is not one and simple, but complex and many – Virginia Woolf.