



1. DRY EYE SYNDROME AMONG YOUNG PEOPLE: IMPLICATIONS, RISK FACTORS AND PERSPECTIVES

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Introduction. Dry eye syndrome (DES) has become a major problem among young people, being associated with prolonged exposure to digital screens and psychological stress. Increased prevalence and impact on eye health have prompted more research to identify risk factors and effective management strategies (Aberame, A., 2019; Aljammaz, H. 2023; Hyon, J. Y., 2019; Supiyaphun, C. 2021; Talens-Estarellles, C. 2022; Tripathi, A., 2022).

Aim of study. This research analyzed the prevalence, risk factors, and impact of the COVID-19 pandemic on young adults, in order to find out new directions for prevention and management of this disease.

Methods and materials. A research of recent literature and 22 clinical trials from medical databases such as: PubMed, ScienceDirect, Google Scholar between 2019-2023 has been made to identify relevant studies on DES in youth. Data about prevalence, risk factors and management strategies has been included in study.

Results. The studies showed a significant prevalence of DES among young people, especially in women. Also, those who used contact lenses (20,3%) and those who were exposed to digital screens for a long time (62%) were affected by DES (Aćimović, L. 2022). The increased level of stress is a significant risk factor contributing to DES development. The COVID-19 pandemic has contributed to the exacerbation of symptoms, creating a great need of preventive and therapeutic interventions.

Conclusion. DES has become a major problem among young people, and risk factors such as screen exposure, history of contact lens use and psychological stress have been identified. Preventive approaches, adjustment of screen parameters and new developing therapies represent promising directions for the management and treatment of this condition. The study covers the essential aspects of dry eye syndrome among young people, highlighting the necessity to pay more attention to eye health in this vulnerable population.