

LETTER TO THE EDITOR

LIST DO REDAKCJI

**IS THERE AN EFFECT OF LIFESTYLE CHANGES (EXERCISE AND DIET CONTROL) ON THE SUGGESTED CONNECTION BETWEEN DRY EYE SYNDROME AND PSORIASIS?**

**CZY ZMIANA STYLU ŻYCIA (ĆWICZENIA I KONTROLA DIETY) MA WPŁYW NA SUGEROWANY ZWIĄZEK MIĘDZY ZESPOŁEM SUCHEGO OKA A ŁUSZCZYCĄ?**

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Ismail AMA. Is there an effect of lifestyle changes (exercise and diet control) on the suggested connection between dry eye syndrome and psoriasis?. Health Prob Civil. <https://doi.org/10.5114/hpc.2024.140002>

Tables: 0

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References: 7

Submitted: 2024 May 24

Accepted: 2024 May 27

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**Keywords:** diet control, dry eye syndrome, psoriasis, lifestyle, exercise

**Słowa kluczowe:** kontrola diety, zespół suchego oka, łuszczyca, styl życia, ćwiczenia

**Dear Editor,**

Recently, it has been documented that psoriasis – a chronic inflammatory skin disease – is associated with the development of different health complications [1,2] including cardiovascular risk factors [2,3] and dry eye syndrome [4]. Dry eye syndrome [DES], a disorder characterized by tear deficiency and/or excessive evaporation, is associated with ocular discomfort, pain, and redness [5].

There is a suggested possible positive role of lifestyle changes (regular exercise performance and selective dietary control) in controlling the symptoms/complications of different disorders [6] including psoriasis [2] and DES [5,7]. It is thought that adherence to lifestyle changes prevents/regress factors-induced common pathological connections (oxidative stress, chronic systemic inflammation, and disharmony between the sympathetic and parasympathetic nervous systems) between psoriasis [2] and DES [5,7]. Also, exercise reduces cardiovascular risk factors that may aggravate the progression of psoriasis [2,3] and DES [5,7].

This letter to the Editor represents a reminder/alarm to healthcare professionals and therapists to assess the effect of exercise or lifestyle changes on cardiovascular risk factors or the above-mentioned factors-induced pathological common connections between DES and psoriasis.

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