The DREAM Extension Study - Comparison of placebo and omega-3 fatty acid supplement groups on OSDI, 4 key signs of DED and adverse events

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METHODS

Figure 2: Ocular Surface Disease Index (OSDI) scores over time

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CONCLUSIONS

1. There was no statistically significant difference in changes in symptoms or signs of DED between patients continuing use of D3 supplements and patients discontinuing use.

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- Limitation: Small sample size (~20 per group) - low statistical power to detect small or moderate differences.

- Discontinuing the use of ω3 after 12 months may not have significant inferior outcomes compared to continuation for an additional 12 months.

- Rates of adverse events were similar in both the groups.

- The results from the two DREAM clinical trials together do not support a beneficial effect of ω3 supplementation on dry eye disease.

REFERENCES


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