

IS THERE AN EFFECT OF LIFESTYLE CHANGES (EXERCISE AND DIET CONTROL) ON THE SUGGESTED CONNECTION BETWEEN DRY EYE SYNDROME AND PSORIASIS?**Ali Mohamed Ali Ismail**^{1(A,B,C,D,E,F,G)}¹Department of Physical Therapy for Cardiovascular/Respiratory Disorder and Geriatrics, Faculty of Physical Therapy, Cairo University, Giza, Egypt

Authors' contribution:

- A. Study design/planning
- B. Data collection/entry
- C. Data analysis/statistics
- D. Data interpretation
- E. Preparation of manuscript
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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 and complications of different disorders [6] including psoriasis [2] and DES [5,7]. It is thought that adherence to lifestyle changes prevents 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 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.

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

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