

## The efficacy of prebiotics and probiotics in reducing ocular signs and symptoms of Sjögrens syndrome-related dry eye

Researchers at UNSW, Sydney (The University of New South Wales) are seeking volunteer research participants to learn about the effect of probiotics and prebiotics on Sjögrens syndrome-related dry eye (primary and secondary Sjögrens syndrome). Probiotics are live bacteria intended to have health benefits when consumed; and prebiotics are a special form of dietary fibre.

### Would the research study be a good fit for me?

The study might be a good fit for you if:

- Are aged over 18 years
- Currently have been diagnosed with Sjögrens syndrome-related dry eye.
- Have no previous probiotic or prebiotic commercial supplement intake in the last three months
- Are willing to provide written informed consent and willing to comply with consuming the probiotic and prebiotic products and adhering to the clinical trial visit schedule

### Participants meeting the following criteria will be excluded from the study:

- Have had eye surgery within 12 weeks immediately before enrolment for this trial.
- Have had previous corneal refractive surgery.
- Have active corneal (the transparent part of eye surface) infection or any active eye disease.
- Have any current ocular injury.
- Are taking oral or topical antibiotics.
- Are currently enrolled in another clinical trial or have participated in a clinical trial within the previous two weeks.
- • Are pregnant or lactating.

### What would happen if I took part in the research study?

If you decide to take part, you would: be asked to attend up to 3 clinic visits over approximately 17 weeks (4 months). You will be asked questions about your medical history and any current medications you are taking. Various eye-related tests, like those conducted at a regular eye exam will be performed. The study investigator can explain these to you in more detail. Study visits (visits will take 45 minutes to complete).

### Will I be paid to take part in the research study?

You will be reimbursed a \$30 prepaid store Myer gift card per visit for your expenses associated with attending each of the research study visits at UNSW.

Clinical visits will be at ERG rooms, Level 3, UNSW School of Optometry and Vision Science, Rupert Myers Building (M15), Southern Dr, UNSW, Kensington NSW 2052

### Who do I contact if I want more information or want to take part in the study?

If you would like more information or are interested in being part of the study, please contact:

Please contact the following person via email or phone to register your interest in taking part in the research:

<b>Name</b>	Dr Azadeh Tavakkolinasab
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If you have questions about the research and would like to Investigator, Chief Investigator please contact the following person:

### Chief Investigator

<b>Name</b>	A/Prof Maria Markoulli
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