



The role of endocrine disruptors in ocular surface diseases

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ABSTRACT

Endocrine disruptors are a group of compounds that occur in increasing amounts in the environment. These compounds change the hormone homeostasis of the target organs regulated by those hormones, mostly by binding to their receptors and affecting their signaling pathways. Among the hormones altered by endocrine disruptors are sex hormones, thyroid hormones, and insulin. Studies have documented abnormalities in the reproductive and metabolic systems of various animal species exposed to endocrine disruptors. Endocrine disruptors can play a significant role in ocular diseases once hormone deficiency or excess are involved in the mechanism of that disease. Cataracts, dry eye disease and retinal diseases, such as macular hole and diabetic retinopathy, are some of the frequent problems where hormones have been implicated. We found that some compounds function as endocrine disruptors in the metabolism of body organs and systems. The increasing frequency of dry eye and other ocular diseases indicates the need to better investigate the potential relationships beyond the isolated associations mentioned by patients and documented as rare case reports. The evidence from case-control studies and experimental assays can provide the information necessary to confirm the endocrine effects of these chemicals in the pathophysiology of dry eye disease. We hypothesize that endocrine disruptors may contribute to the increase of ocular diseases, such as dry eye disease, in recent years.

Introduction

Dry eye disease (DED) is a multifactorial disease of the ocular surface (OS) characterized by the loss of lacrimal film homeostasis and accompanied by ocular symptoms caused by factors such tear film instability, tear hyperosmolarity, inflammation and damage to the OS [1]. DED causes discomfort and visual disturbances and affects mainly adult women over 40 years old [2,3]. The TFOS DEWS Epidemiology Subcommittee Report reviewed the major international epidemiological studies and concluded that the prevalence of DED ranged from 5% to 30% in individuals over the age of fifty years old [4]. A study conducted in several Brazilian regions showed a prevalence of 12.8% [5]. DED may be associated with autoimmune diseases, such as Sjogren's syndrome (SS), rheumatoid arthritis (RA), systemic lupus erythematosus (SLE) and progressive systemic sclerosis (PSS) [6–10]. Hormonal dysfunctions are part of the pathophysiology in the development of disease, mainly androgen, estrogen and progesterone deficiencies [11–15]. Despite a growing number of articles showing the relationship between

sex hormones and the pathophysiology of the DED, many points remain unclear, including how these sex hormones interact with environmental agents. The etiology of DED still requires more in-depth studies; however, there is a consensus that genetic, hormonal and external factors contribute to the disease [7,16–19]. The increased prevalence of DED in women has been associated with changes in estrogen and androgen levels in ocular tissues, where these hormones modulate the expression of several genes and the function and secretion of the lacrimal gland (LG), meibomian glands (MG) and other tissues [20,21]. Sexual hormone imbalance may lead to dysfunctions of the glands, including a reduction in acinar cell size and number, changes in DNA expression and an increased inflammatory status in glandular tissue [22–24]. Estrogenic and androgenic receptors are present in the LG, MG, cornea and other ocular tissues [25,26]; therefore, the disruption of sex hormone signaling may directly interfere with the normal function of these glands, contributing to DED [27,28]. In this scenario, a class of chemical compounds called endocrine disruptors (EDs) can be identified. These compounds are present in several daily life items, which once in

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contact with living organisms, including humans, are able to deregulate the production of hormones affecting different tissues and organs and to induce reproductive, neurological and metabolic disorders that may take place in the mechanisms of DED [29–33]. These compounds are defined by the World Health Organization (WHO) as exogenous substances or a mixture of compounds that alter the endocrine system and consequently cause adverse health effects in target organs or its progeny [34]. EDs are substances of varied chemical structure that are ubiquitous and produced on a large scale worldwide. A large number of EDs have the ability to bind to estrogen, androgen and other hormone receptors and change the homeostasis of this target tissue and its interaction with other organs [35]. The hypothesis investigated in this review addresses the possibility that exposure to EDs contributes to the mechanisms of ocular diseases, such as DED. The aim of the present study was to identify the effects of EDs on ocular disease (OD) using a comparative analysis of scientific evidence.

Harmful environmental agents cause eye diseases

Previous studies were able to correlate the presence of symptoms and signs of DED with low humidity, high temperature, high levels of air pollution and other environmental factors [36–40]. Moreover, it is possible to conceive that more than working isolated, well-known and hidden factors combine, once in contact with the OS, may disrupt the clinical findings associated with DED. In this context, paraquat, a chemical compound used as an herbicide and well known as an environmental pollutant and a potential ED, is associated with chronic and acute damage of the OS, where the severity may depend on the amount of exposure [41–45]. The hypothesized and explored mechanisms to explain the harm of pollutants to the OS involve increased tear osmolarity due to evaporation and higher levels of particles in contact with the OS [39,46]. The changes in OS trigger inflammatory pathways activated by nociceptive receptors, known as transient receptors of potential vanilloid (TRPV), which are ionic channels that activate ion influx to OS cells [47,48]. These receptors, working as calcium channels, can increase the calcium influx to cells, initiating the signaling for innate inflammatory humoral and cellular responses [49,50]. As a consequence, the sensitivity is perpetuated and amplified to annex tissues, thereby disturbing the homeostatic events related to replacing tear basal secretion and maintaining tear film stability in normal cells [50,51]. Chemical compounds known to disrupt the peripheral nerves, such as benzalkonium chloride (BAK), are chronically in contact with the OS, thereby inducing neuropathic keratopathy, damaging the sensory nerves of the cornea, reducing Dtear secretion, increasing tear osmolarity and consequently inflammation and impairing epithelial cell replacement [52–54].

Estrogens formed in the gonads and adrenals are regulated by feedback mechanisms via hypothalamo-pituitary-gonadal or adrenal axes [55,56]. These hormones play significant roles in amplifying the nociceptive signals driven by the TRPV receptor family in peripheral and OS nerves [57–59]. Additionally, estrogen promotes a pro-inflammatory response in genetically conditioned autoimmunity in LG. Several OS inflammatory conditions are more prevalent in women, and the presence of estrogen is associated with this sexual imbalance [17]. The possibility that exogenous events and chemical compounds may interfere with estrogen secretion and action has been proposed and observed in previous studies in different conditions and organs [60,61].

The estrogenic or antiestrogenic activity of some EDs occurs across estrogen receptors (ERs) [62]. EDs affect the genes involved in proliferation and cellular differentiation, contributing to increased infertility, developmental anomalies and various types of cancer [63–67]. Moreover, these compounds may interfere with the synthesis of estrogens by inactivating the enzyme aromatase [68,69]. The possibility and detailed mechanism by which sex hormone homeostasis can be locally dysregulated in the OS or LG by EDs and impact tear function requires further investigation.

Endocrine disruptors

EDs have been defined by the US Environmental Protection Agency (EPA) as exogenous substances that interfere with the production, release, transport, metabolism, binding, action or elimination of natural body hormones, impacting homeostasis and growth and development processes [20]. Several definitions are presented in the medical literature [70,71]. According to the WHO, EDs are mostly man-made and can be found in many daily products, including plastic bottles, food cans, detergents, flame-retardants, toys, cosmetics and toiletries [72,73]. Moreover, these compounds may be included in this group as herbicides, pesticides, fungicides and pharmaceuticals. Some EDs are of natural origins and others are synthetic [72]. EDs with their respective categories and most common uses are detailed in the reviews of Kabir and coworkers [62] and Diamanti-Kandarakis and coworkers [71].

Human exposure to EDs occurs through ingesting food packaged in cans or plastics, drinking water, inhaling gases and dust particles and penetrating the skin. EDs are lipophilic compounds that can be transferred from the mother to the fetus through the placenta and to the child through the breast milk. Pregnant women and children are the most vulnerable populations to be affected by ED exposures [35,73]. An important source of exposure to EDs is water, which is due to human and animal excretion and the use of products such as herbicides and pesticides that reach water bodies and cannot be removed by traditional water treatment processes [74]. Downstream of the places where the sewage is dumped, male fish produce vitellogenin, a biomarker of estrogen exposure in males. This protein is generally found only in females, but male fish may exhibit the hepatic expression of induced vitellogenin when exposed to environments contaminated with estrogenic substances [75,76]. This fact occurs because conventional sewage treatments were not developed for the removal of these compounds [74,77]. Some sources of EDs are presented in Table 1.

Mechanisms of action

The compounds classified as EDs have different chemical configurations, and these structures are capable of simulating or altering the hormonal system of humans and other animals, thereby impairing the normal functioning of the immune, nervous and endocrine systems [78,79]. Two basic ED action mechanisms are known: the genomic pathway, which involves the transcription of target genes, and the nongenomic pathway, which transduces signals mediated by membrane-bound ERs or other receptors through cross talk and/or bypassing [70,80,81]. EDs can also act through epigenetic mechanisms or several signaling-independent mechanisms simultaneously [33,82,83].

Exposure to EDs leads to an increase in insulin release, leptin, tumor necrosis factor TNF- α and interleukin IL-1 β , accelerates oxidative stress and lipid peroxidation, stimulates lipid accumulation in adipocytes, interferes with insulin receptors and reduces glucose oxidation [84,85]. The major difficulty in studying the mechanism of these

Table 1
Environmental sources of Endocrine Disruptor (ED) contamination.

Sources	Endocrine disruptors
Agricultural outflow	Insecticides, Herbicides, Fungicides, Hormones Synthetics
Incineration	PCBs, Dioxins
Occupational	Herbicides, Fungicides
Industrial effluent	Alkylphenols, PAHs, Bisphenol, Phthalates
Surface /ground water	Insecticides, Herbicides, Synthetic hormones, PAHs, Bisphenol, Phthalates
Consumer products	Parabens, Bisphenol, Phthalates
Food packaging and diet	Herbicides, Bisphenol, Phthalates

Abbreviations: PCBs: polychlorinated biphenyls/PAHs: polycyclic aromatic hydrocarbons

Table 2
Endocrine disruptors may be related to reproductive, metabolic and neurological disorders.

Organ/System	Disorders	Endocrine disruptors
Male Reproductive	Testicular dysgenesis syndrome	BPA, DDT, DES
	Semen quality	BPA, DDT, DES, Phthalate
	Cryptorchidism/hypospadias	BPA, DDT, DES, PCBs, Phthalate
	Prostate cancer	BPA, DES
Female Reproductive	Puberty	PCBs, Pesticides, Phthalate
	Fertility and fecundity	BPA, DES, PCBs, Pesticides
	Menstrual and ovarian function	BPA, DDT, DES, PCBs, Pesticides, Phthalate
	Endometriosis	Phthalate
	Breast cancer	BPA, Pesticides
Endocrine	Thyroid: Affect homeostasis	BPA, PCBs
	Obesity	BPA, Phthalate
	Diabetes	BPA, Dioxin
Neurological	Neurobehavioral development	BPA, Phthalate
Cardiovascular	Cardiovascular disease	BPA, Phthalate

Table adapted from Diamanti-Kandarakis et al. [71] and Rochester 2013 [87]. Abbreviations: BPA: Bisphenol/DDT: dichlorodiphenyltrichloroethane/PCBs: polychlorinated biphenyls/DES: diethylstilbestrol.

compounds is that there is no exposure to only one ED but rather exposure to a mixture of compounds with additive or synergistic effects. The effect is not linearly dose-dependent; the dose effect is similar to the letter U, with minimal doses capable of having identical effects as higher doses, which makes the understanding of the mechanism a challenge for researchers [71,86]. Several EDs behaves like xenoestrogens due to reproductive disorders, such as the reduction of sperm count and the induction of reproductive tract anomalies, breast cancer, asthma, type II diabetes, cardiovascular disorders, obesity, and thyroid disorders (Table 2) [70,87]. These compounds bind ER α and ER β nuclear estrogen receptors and the G1 protein-coupled estrogen receptor (GPER), which is a membrane receptor, to initiate cell signaling. However, recent studies have revealed the presence of other nuclear receptors involved with EDs that share some common features, although there are differences in structure, signaling pathways, cell specificity, and functional outcomes [80]. These compounds could interfere with lacrimal film homeostasis because they are related to tissue hormonal, vascular and neurological dysregulation. All of these mechanisms are known to be associated with tear film homeostasis disruption [17,88].

EDs in the environment

As mentioned earlier, EDs are present in our daily lives, and we are exposed to these compounds by air, water and food. One of the most researched EDs is Bisphenol A (BPA), whose estrogenic effects were reported for the first time in 1936 [89]. BPA is a disruptor with known activity on estrogen receptors binding to estrogen receptors ER α and ER β by influencing the transcription of estrogen-sensitive genes via altering the homeostasis of affected tissues [85,90]. Additionally, BPA acts via alternative routes, such as estrogen-related receptor-gamma (ERR- γ), aryl hydrocarbon receptor (AhR), or G-protein coupled membrane receptors [91,92]. BPA also acts as an antagonist of the thyroid hormone, has antiandrogenic activity and causes changes in DNA methylation (epigenetic effect) [93,94]. Epidemiological studies have related BPA exposure to diseases, such as cancer, diabetes, obesity, cardiac, reproductive, renal, respiratory, thyroid gland and autoimmune diseases [87]. Although BPA is widely researched and its exposure is associated with several pathologies, studies specifically relating exposure to BPA and eye diseases are not known.

Other significant EDs are present in many personal hygiene and cosmetic formulations, such as triclosan (TCS) and parabens. TCS is a compound with antimicrobial activity introduced into the environment in the 1970s by the health and beauty care industry to be used as an ingredient in disinfectants, soaps, detergents, toothpaste, mouthwashes, shampoos and plastic additives [95,96]. TCS has been considered an ED because of its demonstrated estrogenic and androgenic activity in animal studies [97]. In vitro studies have determined that TCS not only functions as an agonist of estrogen receptors but also alters the production of this hormone [98–100]. In cell culture, TCS activate a cation channel named TRPA1 (transient receptor potential ankyrin 1) [101]. The presence of TRPA1 in the cornea indicates that TCS and BPA may present synergic actions in the OS and take part in allergic diseases and other processes related to corneal wound healing [102,103].

Parabens are esters of parahydroxybenzoic acid (p-HBA) that, due to their chemical characteristics, show broad spectrum antibacterial activity, great stability in different pH and temperature environments and a low level of systemic toxicity [104]. Human exposure to parabens occurs via a transdermal route because they are rapidly absorbed through the skin during use or ingested through water and food [105,106]. The most significant effects, including immune system dysfunction and reproductive and behavioral disorders, occur due to the estrogenic effects of parabens [71]. Parabens and other EDs work through the activation of ER α , ER β and ERR γ receptors [107–109]. Some parabens exhibit antiandrogenic activity, binding to androgen receptors and causing the inhibition of testosterone-induced transcription [110]. The imbalance between estrogenic and androgenic hormone action promoted by chronic exposure to parabens may be involved in the perpetuation of a pro-inflammatory status of LG and other OS glands and tear film quality loss, triggered by different causes. However, this hypothesis deserves a controlled experiment for confirmation.

Benzophenones (BP) are also used in cosmetics and hygiene preparations, especially in sunscreens. Through several in vitro and in vivo assays, the effects of BPs as EDs, acting on estrogenic, androgenic, progesterone and thyroid hormone receptors, were shown [111–113]. Benzophenone 3 (BP-3) is an essential compound of this class and is used worldwide as a UV filter in formulations for use on the skin and hair [114–117]. BP-3 has been reported as an ED with an affinity for ER α and ER β receptors [118,119]. BP-3 also triggered antiestrogenic and antiandrogenic activities in various in vitro tests [117,118]. These antiandrogenic and antiestrogenic effects may participate in the pathophysiology and overall increased incidence of DED in the elderly population in the developed world in recent decades [4,87]. Herbicides, such as paraquat (PQ) and glyphosate, can also act as EDs. PQ is a quaternary nitrogen herbicide that can produce reactive oxygen species (ROS), which function in oxidative stress [120,121]. The continuous production of ROS and the ability to carry out the lipid peroxidation of cell membranes cause morphological changes in various organs, such as the kidneys, liver, brain and adrenal glands [122]. Exposure to PQ may cause damage to the OS in chronic or acute exposure, showing a clinical presentation similar to cicatricial pemphigoid, as reported in recent cases, or increase the potential for allergic conjunctivitis, as demonstrated in an experimental study [40,42,44,123,124]. Mice models of oxidative damage-induced retinal degeneration were induced with PQ injection into the vitreous cavity. The ROS produced by this herbicide caused progressive retinal damage [125].

Glyphosates are currently the most heavily applied herbicides in the world and are widely used in a great range of cultures. [126,127]. Studies suggest that even at doses considered safe for humans, glyphosates can induce damage to the liver and kidney and have carcinogenic and teratogenic effects, although its carcinogenic power is controversial [128,129]. Glyphosate, even at low concentrations, disrupts the aromatase enzyme in human cells in vitro and causes damage in the synthesis of estrogens, and formulations of glyphosate have been shown to disrupt aromatase activity in human liver cells [130–132]. In a study reported by De Liz Oliveira Cavalli and coworkers (2013),

Table 3

Animal and human studies with increased (estrogen treatment) or decreased estrogen levels (ovariectomy, estrogen absence, and anti-estrogen administration).

	Estrogen increased	Estrogen decreased
Lacrimal gland regression	Identified	Identified
Lacrimal gland histology	-	No effect
Glandular tissue	-	Downward
DNA and RNA levels	Upward	-
DNA degradation	Downward	-
Gene expression (numerous genes)	Altered	Altered
Total activity of β -adrenergic receptors	Upward	Downward
Total activities of cholinergic receptors & Na ⁺ , K ⁺ -ATPase	Downward	Downward
Acid & alkaline phosphatase activities	Downward	Downward
Total protein content	No effect	Altered
Membrane-bound protein content	-	Altered
20 kDa protein content	Downward	Altered
Inflammation	Upward	-
Tear output	Upward	Upward (Male only)
Dry eye improvement	Identified	-
Dry eye development	Negative impact	Negative impact

Table adapted from: Sullivan et al., 2017 [6]

Wistar rats exposed to a low dose (0.036 g/L) of glyphosate showed induced oxidative stress [133]. The adrenal gland can also be affected by glyphosate inhibitory effects on the hypothalamic-pituitary axis, reducing the synthesis of corticosterone [134]. These hormone effects indicate the need for investigations of how the chronic exposure to glyphosate impacts OS and tear film homeostasis.

Eye diseases and hormones

Hormone deprivation, excess or malfunction can cause or contribute to the severity of ocular diseases (Table 3) [17]. The classic association between corticosteroids and glaucoma or cataracts and between statins and cataracts are the best-known examples of OD caused by excess hormones [135–138]. In Diabetes Mellitus type 2, insulin resistance is an example of hormone malfunction that may induce dysfunctions of the retina, lens, cornea and LG due to impairments of insulin intracellular signaling due to hyperglycemic chronic exposure and the dysfunction of supportive systems, such as the vascular, immune and nervous systems [139–142]. Among these problems are the early onset of cataracts, diabetic retinopathy and dry eye [143–145]. The deprivation of thyroid hormone (TH) and other hormones, such as growth hormone (GH), are associated with DED [14,17]. Sex hormones at normal levels are associated with OD predisposition, as several of diseases show sex bias prevalence, including the frequent DED and macular hole, which are both more frequent in women [17]. The assumption that sex hormones and no other sexual factors are driving this bias is based on the observation that in aging, when the sex hormones decline, the prevalence of the diseases equalizes [146,147]. In addition, in animal models that mimic DED, castration or cross hormone treatment equalizes markers of disease manifestation, including inflammatory cell infiltration [11,148,149].

Considering all these facts, it is reasonable to propose that environmental compounds in our daily life activities, as described above, may work as EDs and contribute to ocular problems related to DED and OS inflammation. These chemical compounds may act directly because ocular tissues have hormone receptors and EDs may bind to them. EDs can also function indirectly, affecting the lacrimal functional unit comprising the OS, LG, annex tissues and neural tissues and their links to the sensorial and autonomic central nervous system, which are ultimately supported by the neuroimmune endocrine network [150–152]. The increased prevalence of DED in women has been associated with

changes in estrogen levels in ocular tissues, where this hormone modulates the expression of several genes and the function and secretion of LG, MG and other tissues [20,153]. The EDs can also affect the target tissues by changing the gene expression towards pro-inflammatory and other effects that may bring prejudice to the optimal function and homeostasis of the OS.

Endocrine disruptors can be harmful to the eyes

The chemical compounds discussed in this article represent a minority of the extensive universe of EDs present in the environment. The exposure leads to damage because the EDs interact with receptors of living beings due to structural similarities with hormones, which cause damage to the homeostasis of tissues and organs. A British physician developed the first synthetic estrogen, diethylstilbestrol, in 1938. This estrogenic compound was used by thousands of pregnant women between the ages of 40 and 7 to prevent abortion and decrease nausea but was abandoned because this drug mimicked natural estrogen, causing abnormalities in the reproductive tract of the offspring of mothers who used this medication [60]. In the 1960s, the book *Silent Spring*, considered a milestone, in the history of environmental pollution and the author Rachel Carson drew attention to the effects on the reproductive system of fishes exposed to pesticides, such as DDT (dichlorodiphenyltrichloroethane) [154].

The book also reports Canadian studies in which fish exposed to DDT have experienced blindness due to lens opacity. Studies of compounds that mimic hormones have increased, as shown by the number of articles published in PubMed with the word “endocrine disruptors” in the last five years (2013 to 2017), with 4163 articles in this database alone. Due to the advances of research that permeate several fields of knowledge, the study of the mechanism of action in vitro and in vivo, the effects on living organisms, the detection processes and the methods of removal from water bodies, was partially clarified.

Concerning exposure to EDs in humans and their possible harmful effects, studies have addressed a positive correlation between exposure and reproductive, metabolic, developmental, and thyroid function disorders, as seen in a recent review [87]. However, no studies have correlated exposure to EDs and DED. The fact that the inflammatory condition that causes dry eye results from an imbalance of the estrogen and androgen sex hormones and the high levels of pro-inflammatory cytokines, tumoral necrosis factor and interleukins suggests that there could be a relationship between the increasing exposure to environmental contaminants and the growing number of DED cases in recent years. Estrogen and androgen receptors are present in the LG and MG, and these hormones cause a pro-inflammatory state that alters the normal functioning of the entire OS system [19]. Oxidative stress has been implicated in the protective and pathogenic mechanisms of dry eye and OS disease [155–157] and that exposure to Eds, such as BPA, for example, acts as an inducer of oxidative stress in animals [158–160]. Several studies have demonstrated that sex hormones have a high influence on meibomian gland function by regulating gene expression and lipid production [19,160,161]. TCS is an ED that alters lipid production in tissues in addition to inducing oxidative stress, which could lead to functional damage in the MG exposed to TCS. In a study in which zebrafish were exposed to the BPA substitute Bisphenol S, the authors observed morphological abnormalities in the retinal tissue that seriously compromised the visual behavior of this species [162].

The answer to the question of whether exposure to EDs can be related to DED or other ocular diseases mediated by hormones is far from simple because there are numerous factors involved in the mechanism of action of EDs and numerous doubts regarding the etiology of DED. Initially, we must acknowledge that we not exposed to only one ED but to a set of these compounds, which makes it more difficult to understand how their effects occur in a given organism. Another relevant factor is that the exposure varies according to the lifestyle of each

subject [72]. The fact that EDs do not have a normal dose-response curve and act even in small doses amplifies this challenge. Experimental and in vitro tests usually only analyze one ED and rarely examine a set of EDs, and these compounds have synergism that may exacerbate their effects when associated [106]. Despite the growing number of studies related to the mechanism of the action of EDs, there are still many gaps to be elucidated. Research indicates that the period in which the individual is exposed at an intrauterine phase, for example, interferes with the type and intensity of the deleterious effects caused [163,164]. Classical effects have been detected and shown as those mentioned above. There is great difficulty in avoiding such exposure. The EDs are present in our daily lives in hygiene and beauty products and in the foods we consume and the water that we drink. Our own body is a source of EDs because we excrete hormones and metabolites of drugs that cannot be removed from the water because our water and sewage treatment systems are not designed for this purpose. The problem with ED removal occurs in many countries including developed countries. The whole world suffers from the presence of these compounds in the aquatic environment. It is evident that water has the power of self-purification, but every day, the population grows, increasing the consumption of industrialized products and the amount of chemicals used for animal and food production. In this context, water self-purification power is not enough and taking into account the ED bioaccumulation power, this fact becomes even more worrying.

Conclusion

The comparative analysis of the growing effects of many chemical products that act as EDs in the metabolism of body organs and systems, confronted with the increasing frequency of DED and OS diseases, indicates the need to better investigate the potential relationships beyond the isolated associations mentioned by patients and documented as rare case reports. The evidence from case-control studies and experimental assays can provide the information necessary to confirm the hypotheses concerning the endocrine effects of those chemicals on the pathophysiology of the DED and OS diseases.

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Conflict of interest statement

The authors declare no conflict of interest.

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