

What is MGD?

MGD stands for Meibomian Gland Dysfunction and is the leading cause of dry eyes. Meibomian refers to a particular gland in the eyelid that secretes the oil layer of the tear film. These oils help keep the tears from evaporating too quickly. Meibomian Gland Dysfunction is a blockage or some other abnormality of the Meibomian glands so they don't secrete enough oil into the tears.

There are several factors that can affect your risk of getting the disease. The likelihood of MGD, like dry eyes, increases with age. People over 40 have a greater risk of developing it than children or young adults. Your ethnic background can also play a role. A large percentage, 49 to 69%, of the Asian population have MGD while only 3.5% to 20% of people of European descent have the disorder.

Wearing makeup can also be a contributing cause. Eye makeup, such as mascara and eyeliner, can clog the openings of the glands, especially if you don't remove your makeup every night.

86% of those diagnosed with dry eye have MGD.



MGD symptoms are nearly identical to dry eye syndrome, which isn't surprising as majority of people with dry eye also have MGD. These symptoms include redness, a gritty feeling, and itchy eyes. A simple way for our doctors to determine if you have MGD is to apply pressure to the eyelid and express the contents of the glands. A trained eye can determine if you have the disease.

Dr. Nhan Tran
Dr. Thomas Roselius
450 E Tudor Dr.
Anchorage, AK 99503
T: (907)274-7825
novaeyecares.com



LIPIFLOW®



Patient Information

LipiFlow is the only electronic FDA cleared treatment for Meibomian gland blockages, one of the primary causes of dry eye. The procedure uses thermal pulsating heat and takes only 12 minutes to perform. **LipiScan** is the first dedicated HD gland imager designed to allow eye care professionals to image Meibomian gland structures in office.

For more information about LipiFlow visit
www.alaskadryeyecenter.com

What is LipiFlow?

The LipiFlow Thermal Pulsating System is a revolutionary way to treat Dry Eye caused by MGD. Opening and clearing the blocked glands allows the body to resume the natural production of the oils needed for the tear film.

How Does the LipiFlow Work?

LipiFlow applies controlled heat to the inner eyelid, and mild intermittent pressure releasing oils from the blocked Meibomian glands. It does this without damage to the glands or the delicate structures of the eye. It treats the upper and the lower eyelids simultaneously.

LipiFlow is also the only FDA cleared treatment using thermal pulsating heat to remove blockages in the Meibomian glands. Unlike things like heated masks and compresses, the LipiFlow applies heat outwardly from behind the lid as well as on the surface, while simultaneously providing massage. LipiFlow uses vectored thermal pulsating eyepieces known as Activators. The Activators are precisely designed to provide necessary inner and outer lid contact to properly apply heat, massage, and evacuate the Meibomian glands. Each Activator is used only once.



What Happens during the Procedure?

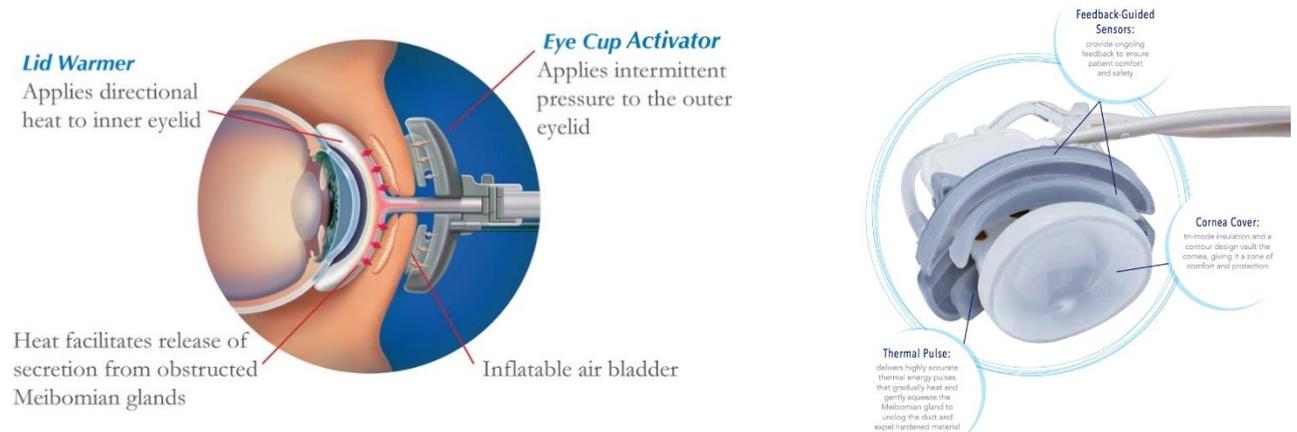
The LipiFlow Activator is inserted under the lower and upper eyelids. It is shaped to prevent contact with the front surface of your eye. Once in place, you simply recline in the treatment chair for the remainder of the procedure. The entire procedure takes 12 minutes.

How Long Do the Benefits of Treatment Last?

The results of LipiFlow vary from person to person. It can take several weeks to feel the full effect of symptom relief, but most patients report an improvement within 4 weeks. In a clinical study, 79% of patients reported improvement of their overall dry eye symptoms within 4 weeks, ranging from 10% to 100% improvement.

You will need follow up visits depending on your eyes' response to treatment and your overall satisfaction. Be sure to continue your at home dry eye regimen as discussed with our doctor.

Cross Section of LipiFlow® Activator



Post LipiFlow Treatment:

Immediately after the procedure it's normal if your eyes feel dry since all the stagnant oil in your Meibomian glands are now liquified. **It will take about 4-6 weeks to notice full improvement;** however, some patients will feel the immediate relief ranging from one day to 7 days.

In order to maximize the effect of LipiFlow, there is a regimen we recommend our patients follow.

Our regimen includes:

1. Use of the oil-based tears such as Retaine MGD or Nanotears MXP Forte daily or as needed.
2. Use of a hot compress mask daily, along with blink exercises throughout the day.
3. Taking a daily supplement Nordic Naturals ProOmega 2000 or Ultra Dry Eye with Vision Guard.
4. Cleaning the eyelids with an eyelid scrub to decrease bacteria and prevent the build-up of dead skin and debris.

With this regimen, LipiFlow usually lasts more than 12 months and often as long as 2 to 3 years before needing to repeat it.