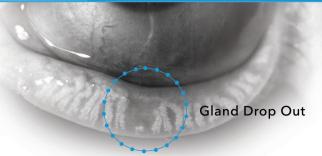




DRY EYE and MGD

Talk to Your Doctor Today.



Now there is an **Answer for Millions with Dry Eye**

There are nearly 30 million people in the United States and over 300 million worldwide who have been diagnosed with dry eye. Most have learned to live with eye discomfort and have become dependent on drops or other treatment methods that only offer temporary relief. This has been due to a lack of understanding that the root cause of most dry eye is now known to be a chronic and progressive condition, Meibomian Gland Dysfunction or MGD.



Understanding MGD

MGD occurs when there are blockages or structural damage that inhibits the natural production of protective oils from the meibomian glands located in our eyelids. This oil protects the watery layer in our tear film, but when these oils are not present, it causes your tears to rapidly evaporate and lose their consistency. Without these oils our eyes become more susceptible to the negative effects that dry climates, air conditioning, computer use, reading and other daily activities can have on the long-term health of our eyes.

Many commonly attribute their eye discomfort to dry eye, when the root cause of the burning, scratchy and redness is most likely MGD.



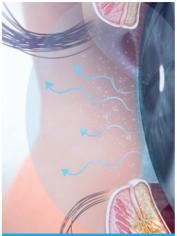
PROTECTIVE WATER LAYER
Produced by the Lacrimal Glands



WATERY LAYER IS PROTECTED BY OIL

Produced by the Meibomian Glands

Located in the Eyelids



WATER EVAPORATING

Causing: Redness, Dryness, Irritation,
Burning and Eye Fatique

Why is **MGD** so **Prevalent**?

Extensive computer, smartphone, and tablet use has contributed to a significant increase in partial blinking. Blinking stimulates the meibomian glands to secrete oils and spread a protective oil layer across the tear film. When we partially blink the eyelids do not touch, so there is no pressure applied at the meibomian glands to release these oils. Over time the oils harden in our meibomian glands and blockages develop.

What are the **long-term effects** of MGD?

When meibomian gland blockages occur, and the glands are left untreated, our glands can shrink, deteriorate and disappear entirely. For many patients with MGD, who have left the condition untreated, significant gland loss has occurred and treatment options become limited.

Who is at risk for MGD?

Everyone is at risk for MGD as a result of evaporative stress (caused by not blinking, contact lens wear, use of technology, certain medication, etc.) and aging. While aging is unavoidable, we can reduce the evaporative stress by properly treating MGD.



How is **MGD Identified**?

Both function and structure of the meibomian glands are evaluated to properly assess gland health and identify MGD. To determine function your doctor will check to see if the glands are releasing oil and whether partial blinking is contributing to the comfort of your eyes. Structure is observed with gland imaging, where you and your doctor can see if any structural damage or gland loss has occurred. If there is any damage to your gland structure, it is highly likely MGD is present and your eye discomfort will become progressively worse if left untreated.

Gland Function

Blocked glands mean a lack of necessary oil for proper ocular health. This is the leading cause of eye discomfort.



MGD assessment is a completely non-invasive, painless diagnostic procedure that is essential if you are experiencing any consistent eye discomfort.

Gland Structure

If blocked glands are left untreated, there is a risk of significant gland loss.



NORMAL GLAND STRUCTURE

SHORTENED GLANDS AND GLAND LOSS

SIGNIFICANT GLAND LOSS

Treating MGD With LipiFlow®

Gland blockages can be removed and gland function can be restored with Lipiflow. Through advances in the application of vectored thermal pulsation (VTPTM) technology, the LipiFlow treatment is administered with no pain and minimal discomfort in your doctor's office.

Eye Health After LipiFlow

The effects of LipiFlow depend on the health of your gland structure and the extent of your MGD. Thus, results may vary with each patient. Some patients may notice results within weeks, while for others, it may take up to 90 days to notice results as the glands naturally begin to generate and expel necessary oil levels needed to properly protect the tear film.

Ask your doctor if you have MGD and if LipiFlow is right for you.

Individually sealed devices called activators are placed around the eyelids. A gentle "massaging" coupled with the precise delivery of heat is applied removing gland blockages and reactivating gland function. The treatment is designed so the eyeball is completely protected.



Caring for Our Eyelids and Ensuring Healthy Gland Function

MGD is a disease that can be treated and minimalized if proper lid care and normal blinking behaviors are practiced. Here are some tips for maintaining healthy meibomian gland function before and after LipiFlow treatment. Ask your doctor to recommend a proper regimen.

- 1 Lid margin scrubs are recommended as part of your regular hygiene and especially after LipiFlow. This ensures that the lid surface stays clean and clear of elements that can cause blockages of the meibomian glands.
- 2 Blink training is good practice regardless of whether MGD is present, but essential when it is. To practice blink training, simply open and gently squeeze your eyelids shut for 10 seconds and repeat 5 times.



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