



FORESIGHT₂₀₂₀

Newsletter of **GREWAL EYE INSTITUTE**

f /GrewalEyeInstitute +GrewalEyeInstituteChandigarh @grewaleyehindia Vol 11 | Issue 6 | 10.00 Rs. | June 2016

Do you have Dry Eyes with symptoms like:

Tired, Red, Burning
Scratchy or Watery
Eyes?

**86%
People
Diagnosed with Dry
Eyes have:**

Meibomian Gland
Dysfunction (MGD)

**What
is your actual
problem?**

Dry Eyes or MGD?
Don't guess visit us
today and get it
diagnosed.

**It is a
15 minute
treatment using
thermal pulsating
heat to remove
blockage in
Meibomian Glands.**

**MGD
is growing
problem with very
serious conse-
quences caused by
infrequent blinking
from modern
lifestyle.**

**Lipi-
Flow is the
only FDA-cleared
electronic device for
treatment of MGD
that removes gland
blockages.**

**The treatment is
supported by over
25 years of scientific
research.**

**If MGD is diagnosed
early It can be
effectively treated.**

**You have suffered
enough. Visit us and
meet our MGD
expert today.**



Introducing

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Revolutionary
Treatment
for
Dry Eyes.**

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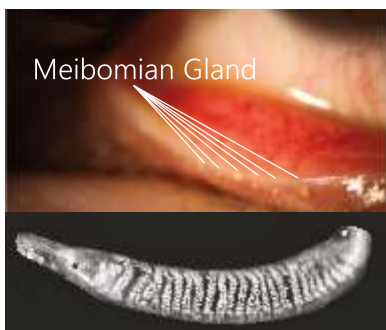
Two Types of Dry Eyes

Dry eye doesn't mean that people can't weep. Dry eye is a disorder related with quality of tears and not the quantity of tears. The two predominant types of dry eye are the aqueous deficient (which is relatively rare) and more common the lipid deficient, accounting for vast majority of dry eye. Aqueous deficient dry eye occurs when the tear glands do not secrete enough tears to keep the eyes sufficiently moist. Lipid deficient dry eye, also known as evaporative dry eye, occurs when the tears evaporates at a faster rate than normal due to an inadequate protective lipid (oil) layer on the surface of the tear film. Oils are produced by Meibomian Glands in the lids. Missing of these oily layers is the reason behind MGD. LipiFlow has major role in treatment of MGD. Evaporative dry eye is the most prevalent type affecting up to 86% of dry eye sufferers. ■

Dry Eye Symptoms and Identifying MGD

Meibomian Gland Dysfunction, also known as MGD

If you are experiencing burning and redness, ocular fatigue, foreign body sensation, sensitivity to light, excessive tearing, symptoms worsen later in the day, transient blurring and contact lens intolerance, you may be suffering from MGD or Dry Eyes. In all cases of dry eyes, it is important to test for MGD to direct treatment appropriately. These tests help us to better understand the meibomian function and structure. Dry eye workup is needed to identify the cause and direct the treatment for aqueous

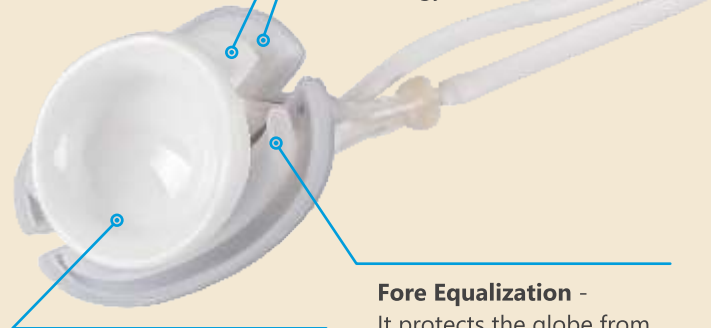


deficient dry eye, MGD and ocular allergy. Dry eye sufferers experience great discomfort and are desperately seeking new approach as in addition to traditional therapies, which only provide limited symptomatic relief. ■

About LipiFlow Activator

Therapeutic Motion - Designed using finite element modeling and years of testing and research to provide proximal to distal peristalsis to clear stagnant material from the glands.

Feedback-guided sensors - heat from the inner lid and phased external pressure ensuring 'gland-centric' application of energy.



Cornea Shield - Space age insulation protects the cornea from exceeding a safe 39.5°C, while an intelligent pressure feedback loops sends pulsed sequences to expel blockage and stagnant material from the gland.

Fore Equalization - It protects the globe from pressure transmission by focussing energy only to the eyelid.



LipiFlow Activator, a single-use sterile device, safely and comfortably delivers automated therapeutic energies to each meibomian gland while protecting the delicate structures of the patient's eye. This treatment provides a level of accuracy and quality that allows eye care professionals to treat their MGD patients with confidence and ease.

Its contoured design vaults the cornea and protects the eye allowing a maximum therapeutic temperature of 43 degrees Celsius to reach glands from the inner eyelid, without damaging the eyelid or delicate structures of the globe. Space-age insulation protects the cornea from exceeding a safe 39.5 degrees Celsius, while an intelligent pressure feedback loop sends pulsed sequences to expel blockages. Force equalization protects the globe from pressure transmission by focussing energy only on the eyelid. ■

Dry Eyes is also Associated with Computer Vision Syndrome



The link between computer use and dry eye disease is probably not coincidental, since people who use these devices blink at a rate that is one-third less than normal, and we know that blinking and lubricating of the surface is important to prevent dryness.

The blink reflex is one of the fastest reflexes in the body and is present at birth. However, our blink rate varies with different activities. Research has shown that the blink rate of electronic display workers dropped very significantly during work at a electronic display compared to before and after work. Possible explanations for the decreased blink rate include concentration on the task or a relatively limited range of eye movements. The amount of evaporation roughly relates to eye opening. The higher gaze angle when viewing a electronic display screen results in faster tear loss. It is also likely that the higher gaze angle results in a greater percentage of blinks that are incomplete. ■



Evaluate Dry Eyes Yourself

Have you experienced any of the following during the last week?	All of the time	Most of the time	Half of the time	Some of the time	None of the time
Eyes that are sensitive to light?	4	3	2	1	0
Eyes that feel gritty?	4	3	2	1	0
Painful or sore eyes?	4	3	2	1	0
Blurred vision?	4	3	2	1	0
Poor vision?	4	3	2	1	0

Subtotal score for answers

Have problems with your eyes limited you in performing any of the following during the last week?	All of the time	Most of the time	Half of the time	Some of the time	None of the time
Reading?	4	3	2	1	0
Driving at night?	4	3	2	1	0
Working with a computer or bank machine (ATM)?	4	3	2	1	0
Watching TV?	4	3	2	1	0

Subtotal score for answers

Have problems with your eyes limited you in performing any of the following during the last week?	All of the time	Most of the time	Half of the time	Some of the time	None of the time
Windy conditions?	4	3	2	1	0
Places or areas with low humidity (very dry)?	4	3	2	1	0
Areas that are air conditioned?	4	3	2	1	0

Subtotal score for answers

- RULES**
1. Add subtotals A, B, and C to obtain D (D = sum of scores for all questions answered)
 2. Total number of questions answered (do not include questions answered N/A)
 3. Table Value = $\frac{(\text{Sum of Scores}) \times 25}{(\# \text{ of questions answered})}$

Match the shade with your score.

No. of Questions Answered	12	11	10	9	8	7	6	5	4	3	2	1
	10.4	20.8	31.3	41.7	52.1	62.5	72.9	83.3	93.8	100.0		
	11.4	22.7	34.1	45.5	56.8	68.2	79.5	90.9	100.0			
	12.5	25.0	37.5	50.0	62.5	75.0	87.5	100.0				
	13.9	27.8	41.7	55.6	69.4	83.3	97.2					
	15.6	31.3	46.9	62.5	78.1	93.8	100.0					
	17.9	35.7	53.6	71.4	89.3	100.0						
	20.8	41.7	62.5	83.3	100.0							
	25.0	50.0	75.0	100.0								
	31.3	62.5	93.8									
	41.7	83.3										
	62.5											

$$\text{Table Value} = \frac{(\text{sum of scores}) \times 25}{(\# \text{ of questions answered})}$$

Normal

Mild

Moderate

Severe

LipiFlow: Clinical Efficacy

LipiFlow is FDA-cleared and validated by large multi-center, randomized, controlled clinical studies.



Randomized, controlled clinical trials of LipiFlow have shown statistically significant improvements in meibomian gland function. The same studies have also shown significant improvement in patient self-reported dry eye symptoms. LipiFlow has successfully treated tens of thousands of patients globally.

Clinical trials have shown significant improvement, on average, in the clinical sign of number of meibomian glands yielding clear liquid. The study showed significant improvement, on average, in patient self-reported dry eye symptoms. ■

Tears are necessary for your overall eye health

Dry eye is a condition in which a person doesn't have enough quality tears to lubricate and nourish the eye. About one and half litre tears are made in each eye every day. With every blink, tears are pushed into nose and a fresh lot of tears comes to eye. It is a highly complex functional eco system.

Dry eye is a common and often chronic problem, particularly in older adults.

Major factors:

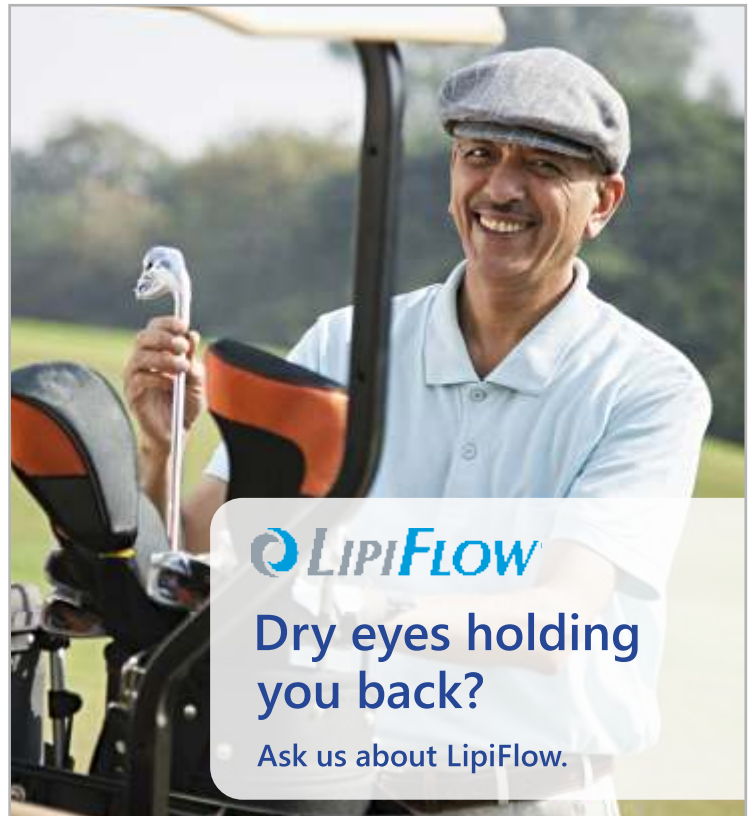
Age. Dry eyes are a part of the natural aging process. The majority of people over age 65 experience some symptoms of dry eyes.

Gender. Women are more likely to develop dry eyes due to hormonal changes caused by pregnancy, the use of oral contraceptives and menopause.

Medications. Certain medicines, including antihistamines, decongestants, blood pressure medications and antidepressants, can reduce tear production. ■

WE ALL SERVE YOU AT GEI

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General Clinic	Dr. Shuchi Goel		
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Cornea Clinic	Dr. Mukesh Aggarwal		



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