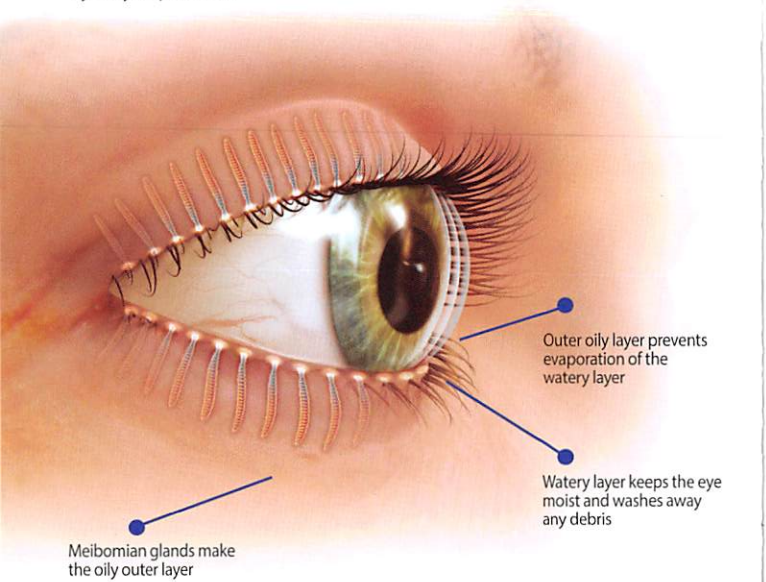


MEIBOMIAN GLANDS AND YOUR TEARS

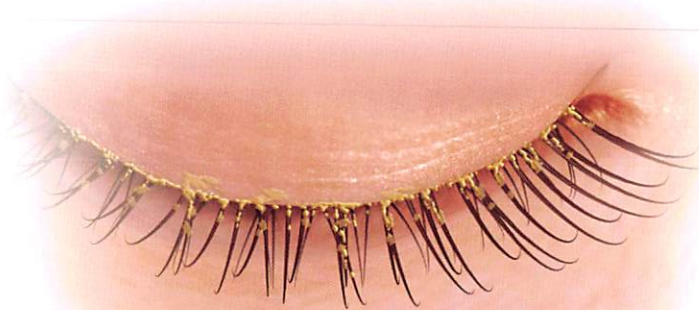
Your tears are made up of water and oil. A layer of water keeps your eyes moist and helps to wash away debris. Sitting on top of the water is an oily outer layer which stops the watery layer from evaporating. The oil is produced by your meibomian glands which sit at the edges of your eyelids.

Meibomian gland dysfunction (MGD) is a common condition that affects two out of three people with dry eyes. In MGD the meibomian glands get blocked and cannot make enough oil to cover your eye surface. As a result, the watery layer can easily evaporate, causing dry eye symptoms.



The symptoms of MGD, which usually affect both eyes, include:

- dry or sore eyes that get worse as the day goes on,¹
- itchy, burning or gritty eyes,¹
- red or inflamed eyelids,¹
- greasy or crusty eyelids that may stick together in the morning,^{1,2}
- sensitivity to bright light (photophobia).¹



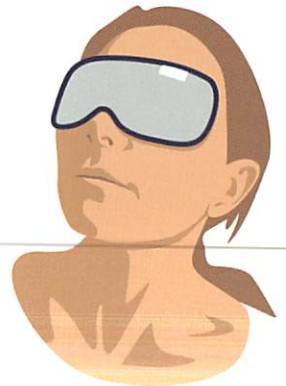
Talk to a member of staff about ways to manage dry eye syndrome.

HOW IS MGD TREATED?

Daily eyelid hygiene can help to keep your MGD symptoms under control. You should perform this 3-part routine once or twice a day:¹

Warm compress

Placing a warm compress over your eyes for 10 minutes helps to melt the oil that has blocked your meibomian glands.¹



Massage

Gently massaging your eyelids helps to push the oils out of your meibomian glands.¹



Cleaning

Cleaning your eyelids removes any excess oil, skin flakes, crusts, bacteria, or debris that might have built up around your eyes.¹



DO YOU SUFFER FROM
**DRY, ITCHY OR
 GRITTY EYES?**



Talk to a member of
 staff about dry eyes
 and MGD.



www.visufarma.com

visufarma

NEW
MEIBOPATCH®

- Warm Meibopatch in the microwave and then place it over your eyes for 10 minutes.⁵



- Meibopatch has a unique temperature test strip which shows when it is at the right temperature for use.⁵



Not warm enough to be effective



40°C
 The desired temperature to unblock meibomian glands



1. NHS Choices. Dry eye syndrome. <http://www.nhs.uk/conditions/Dry-eye-syndrome/Pages/Introduction.aspx> Available at: Accessed 9 January 2017. 2. Nichols KK, et al. The international workshop on meibomian gland dysfunction: executive summary. Invest Ophthalmol Vis Sci 2011;52:1922-9. 3. Foulks GN, et al. Improving awareness, identification, and management of meibomian gland dysfunction. Ophthalmology 119.10 (2012): 51-512. 4. Korb DR, Blackie CA. "Dry Eye" is the Wrong Diagnosis for Millions. Optometry & Vision Science. 2015 Sep 1;92(9):e350-4. 5. Meibopatch instructions for use. Visufarma 2017.



Not too hot. Not too cold.
 Just right.

www.visufarma.com

©2017 Visufarma. All rights reserved. NX/UK/ME/017/0001a
 Date of preparation: April 2017

visufarma

NEW
MEIBOPATCH®



Meibopatch is a reusable
 warm compress that can
 be used to treat MGD.



Not too hot. Not too cold.
 Just right.

www.visufarma.com

visufarma