Objectives:
- To provide information about meibomian gland disease including prevalence and the pathology of the condition
- To examine the impact of ocular surface on the patient population
- To discuss advanced diagnostic technologies and how they are integrated into practice
- To deliver a hands-on learning opportunity with advanced ocular surface diagnostics

Course Outline:

I. Lecture portion (30 minutes) to set-up
   a. Background on meibomian gland disease (MGD)
      i. Number of patients affected
         1. 30M symptomatic Americans
         2. 16M diagnosed cases
         3. 1.5M treated patients
         4. Unmet need
            a. Opportunity to treat patients
            b. Opportunity for practice development
      ii. Disease course
         1. Aqueous deficient versus evaporative dry eye disease
            a. Statistics
               i. ADDE 14%, EDE 86%
               ii. Systemic disease correlations
1. Autoimmune disease ADDE
2. Medications, dermatological conditions, systemic conditions, EDE

b. Diagnostic options
   i. Meibography
   ii. Osmolarity
   iii. MMP-9 testing
   iv. Aqueous testing
      1. Schirmer’s testing
      2. Phenol red thread testing

c. Treatment options
   i. Thermal treatments
   ii. Intense pulse light
   iii. Ophthalmic medications
   iv. Neurostimulation

2.
   iii. Why treatment is important

b. EQ discussion
   i. Meibography
      1. LipiScan
      2. Comparison of LipiScan and LipiView 2
      3. Lipid Layer Thickness assessment
      4. Blink performance
      5. Meibography
         a. Keratograph 5M
b. Meibox

ii. Thermal treatment
   1. iLux, LipiFlow, TearCare, MeiboFlo
   2. Indications/contraindications
   3. Patient selection
   4. Technique

iii. Intense pulsed light (IPL)
   1. Potential mechanisms of action
   2. Techniques
   3. Risks and benefits
   4. Patient selection

II. Workshop portion (90 minutes)
   a. Hands-on access to and instruction in the use of:
      i. Meibography
         1. LipiScan/LipiFlow
            a. Attendees will receive hands-on instruction in
               image acquisition
               i. How to capture the best quality images
                  1. Meibography
                  ii. How to capture lipid layer thickness
                      1. Normal parameters/values
                  iii. How to capture blink performance
                      1. Normal parameters/values
            b. Patient instructions
               i. Chin position
ii. Forehead position

c. Patient positioning
   i. Anatomical differences and how to overcome challenges

ii. IPL

1. Lumenis Optima
   a. Description of the pieces of the unit
      i. Handset
      ii. Cut-off filters
      iii. Contact gel
      iv. Protective eyewear

b. Patient preparation
   i. Gel application
   ii. Treatment zone
      1. Considerations for treatment areas based on underlying condition
         a. Single/double pass
         b. Full face
         c. Lid versus adnexa
   iii. Patient selection
   iv. Safety considerations

iii. Thermal treatments

1. iLux
   a. In-office utilization
      i. Patient selection
ii. Patient positioning and preparation

iii. Patient instructions during treatment

iv. Post-procedure instructions

b. Safety considerations