BATTLING BLEPHARITIS

Blepharitis is a common inflammatory condition where the edges of the eyelids become **red, swollen and inflamed**.

It is often caused by a **build-up of bacteria** living along the eyelid and eyelashes.

POSSIBLE CAUSES

- **A build up of oil and debris** on the eyelids and eyelashes
- **Bacterial eyelid infections**
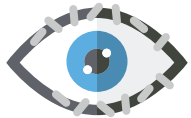- **Complication of skin conditions** such as Seborrhoeic Dermatitis or Rosacea
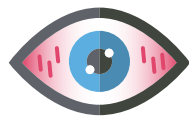- **Meibomian Gland Dysfunction** (MGD)

SYMPTOMS
(some or all of the following)
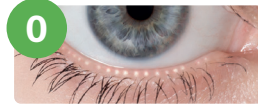
- **Itchy, sore and red** eyelids that **stick together**
- **Crusty or greasy** eyelashes **with visible dandruff**
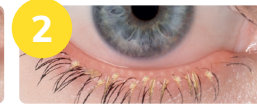- **Burning, gritty** sensation in your eyes

SEVERITIES[1]

0
- Pale lid margins
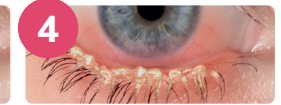- Opening of meibomian glands visible
- Clean lashes

1
- Pale lid margins
- Opening of meibomian glands less visible
- Clean lashes

2
- Red lid margins
- Opening of meibomian glands barely visible
- Yellow crust at base of lashes
- Some lashes stuck together

3
- Telangiectasis of lid margin
- Increased crusting
- More lashes stuck together
- Bulbar conjunctival redness

4
- Severe telangiectasis of lid margin
- Excess yellow crusting
- Lashes stuck together
- Increased bulbar conjunctival redness
- Skin irritation

DID YOU KNOW?
66% of cases are reported in people over 60[2,3]

DID YOU KNOW?
Tackling Blepharitis early may help prevent Dry Eye

AND that it is present in **80%** of Dry Eye patients[4]

Daily lid hygiene & patient compliance are key to management[5]

Preservative free products reduce discomfort[6], which contributes to non-compliance

Tea Tree Oil successfully used for its anti-inflammatory & anti-microbial properties[7]

WHAT CAN I DO?

A heat, cleanse, hydrate[8] daily eye regimen morning & evening can help tackle the signs & symptoms:

HEAT
Applying a heated eye mask to closed eyelids for 10 minutes, **can help soften the clogged oils in the eyelid glands**.

CLEANSE
Cleansing your eyelids daily will **help remove debris, bacteria and oil** that can often lead to Blepharitis, MGD or Dry Eye.

HYDRATE
Eye Care Professionals recommend **preservative free** eye lubricants and sprays which have shown to be **more effective** than preserved eye drops or ointments in reducing inflammation on the eyes.

References: 1. Efron N, 2018. Contact Lens Complications E-Book. Elsevier Health Sciences. **2.** Hom MM, Martinson JR, Knapp LL, Paugh JR. Prevalence of Meibomian gland dysfunction. Optom Vis Sci 1990;67(9):710-2. **3.** Lemp MA, Nichols KK. Blepharitis in the United States 2009: a survey-based perspective on prevalence and treatment. Ocul Surf 2009;7(2 Suppl):S1-14. **4.** Lemp MA, Crews LA, Bron AJ, et al. Distribution of aqueous-deficient and evaporative dry eye in a clinic-based patient cohort: a retrospective study. Cornea 2012;31(5):472-8. **5.** Daniel Nelson J, et al, TFOS DEWS II : New Dry Eye Report Updates Research. The Ocular Surface 2017. **6.** Baudouin C. Detrimental effect of preservatives in eyedrops: implications for the treatment of glaucoma. Acta ophthalmologica 2008;86(7):716-726. **7.** Carson CF, Hammer KA, Riley TV. Melaleuca alternifolia (Tea Tree) Oil: a Review of Antimicrobial and Other Medicinal Properties. Clinical Microbiological Reviews 2006;19:50-62. **8.** Craig JP, Nelson JD, Azar DT, et al. TFOS DEWS II report executive summary. The Ocular Surface. 2017;15(4):802-812.

SCOPE