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OPINION****TFOS publishes report on the
diagnosis and management of MGD****by Terry Kim, M.D., chair, ASCRS cornea clinical**

The Tear Film and Ocular Surface Society (TFOS, www.tearfilm.org) recently published the findings of the International Workshop on Meibomian Gland Dysfunction (www.tearfilm.org/mgdworkshop/index.html) in Investigative Ophthalmology and Visual Science.¹⁻⁹ Similar to the Dry Eye Workshop (DEWS), the goal of this group of over 50 clinical and basic research experts was to provide consensus guidelines on the diagnosis and management of meibomian gland dysfunction (MGD) based on peer-reviewed literature and evidence. This landmark publication is divided into nine sections that focus on the various subcommittee assignments (i.e., definition and classification, anatomy and physiology, epidemiology and risk factors, etc.) to help develop a better understanding of the healthy and dysfunctional meibomian gland and elucidate the impact of MGD on dry eye disease. The report states that MGD is probably the "most frequent form of dry eye disease" with an enormous impact on patient general health, quality of life, and vision. It describes MGD as a common chronic condition characterized by degrees of ductal obstruction and abnormalities in glandular secretions, leading to an unstable and rapidly evaporating tear film, bacterial overgrowth, and "ocular surface inflammation and damage." The subcommittee report on management and treatment provides an excellent overview of current and future medical and surgical treatments, divides MGD into four stages based on symptoms and signs, and provides practical, evidence-based, and organized treatment guidelines based on severity.⁸ In addition to the well-known practices of lid hygiene with warm compresses and massage and oral tetracycline derivatives for more severe disease, the treatment algorithm includes the importance of topical azithromycin and topical lipid-based lubricants as well as omega-3 fatty acid supplementation as first-line therapy for



all patients with symptomatic disease. The workshop underscores the relative paucity of standardized clinical trials for MGD and recommends a variety of strategies for designing, implementing, and prioritizing these trials to further advance our care of these patients. The ASCRS cornea clinical committee applauds and congratulates the work of TFOS, and we encourage all clinicians to read this report to improve their diagnosis and treatment of this prevalent and important disease.

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