

MGD Treatment: Comparison of MiboFlo and Bruder Warm Compress

Reed McAtee, Rebecca Heath, Dr. Nathan Lighthizer, OD FAAO
Northeastern State University Oklahoma College of Optometry

PURPOSE

Evaluate and compare efficacy of the MiboFlo ThermoFlo (MiboFlo) lid-warming device and the Bruder Moist Heat Compress (Bruder Mask) in symptomatic dry eye subjects.

METHODS

33 Subjects: (9 males, 24 females; mean age 30)

Each subject had one month of bilateral MGD treatment: one eye randomly assigned the MiboFlo (3 in-office treatments), the other the Bruder Mask (twice daily warm compress treatments).

Efficacy evaluated subjectively by the SPEED II questionnaire and objectively by non-invasive KBUT (NIK BUT), number of expressible meibomian glands in three quadrants of the lower eyelids (MGE score), and degree of Lissamine Green staining.

Provided by their respective companies at no cost for research use: Thirty (30) Bruder® Stye Compresses (unilateral mask), Three (3) TearScience® Korb Meibomian Gland Evaluators™

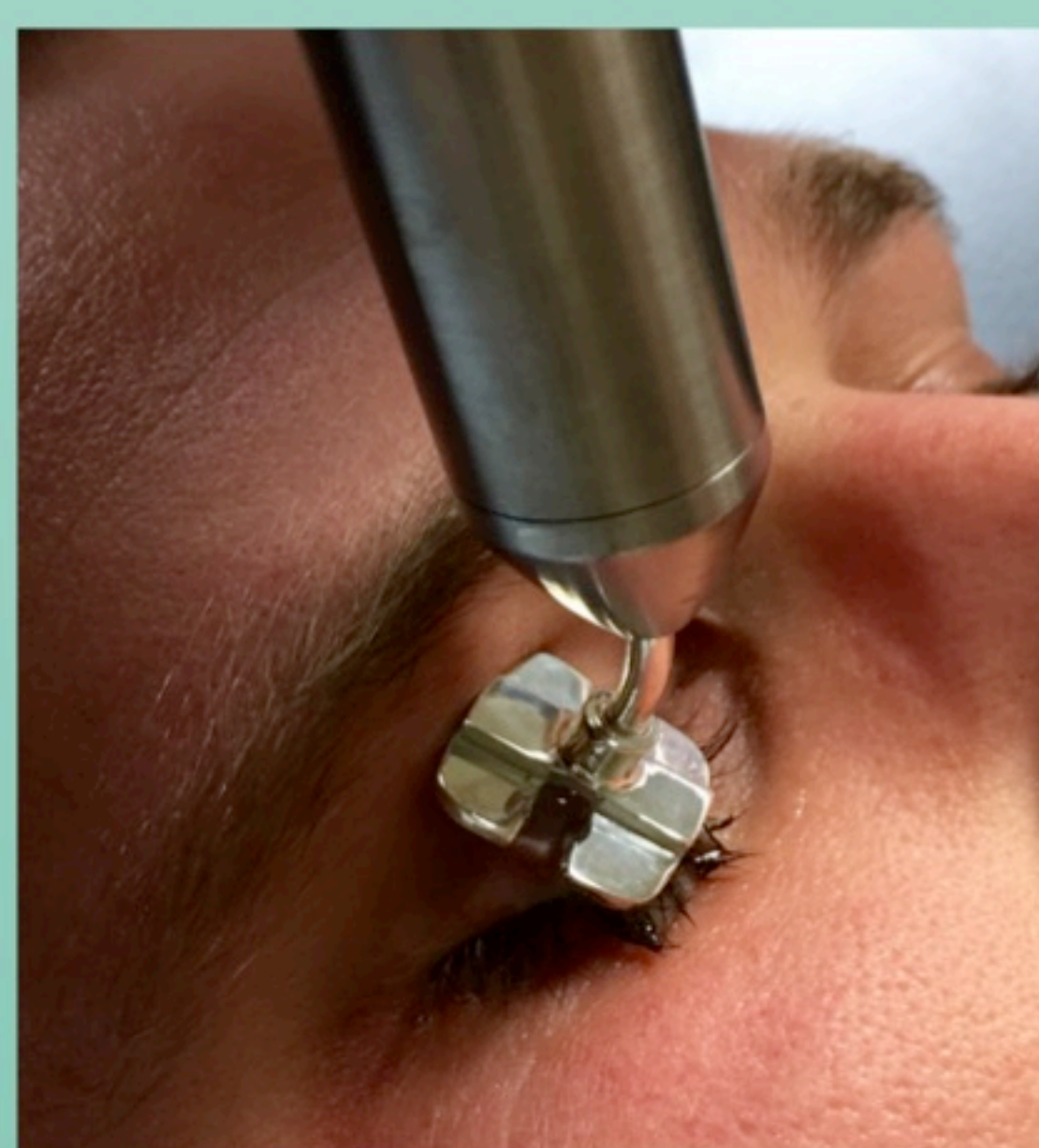


Figure 1. MiboFlo



Figure 2. Bruder Mask

RESULTS

	Bruder Mask	MiboFlo	Bruder vs. Mibo
SPEED II Score	<0.001	<0.001	0.32
1 st NIKBUT	0.69	0.54	0.95
Avg. NIKBUT	0.43	0.048	0.40
MGE Score	0.12	0.27	0.80
Lissamine Green Staining	0.59	0.41	0.15

Table 1. Statistical significance, Wilcoxon Test

CONCLUSION

Both methods improved subjective symptoms significantly, but objective tests were less definitive. The MiboFlo in-office treatments are not compliance dependent, but the Bruder Mask home treatments may be more convenient, factors the doctor should consider when prescribing the appropriate MGD treatment.

FURTHER INVESTIGATION

- Meibomian gland expression post-MiboFlo treatment
- Efficacy of Bruder Mask OU compared to MiboFlo OU
- Combination treatment: Lid-warming device and heat compress

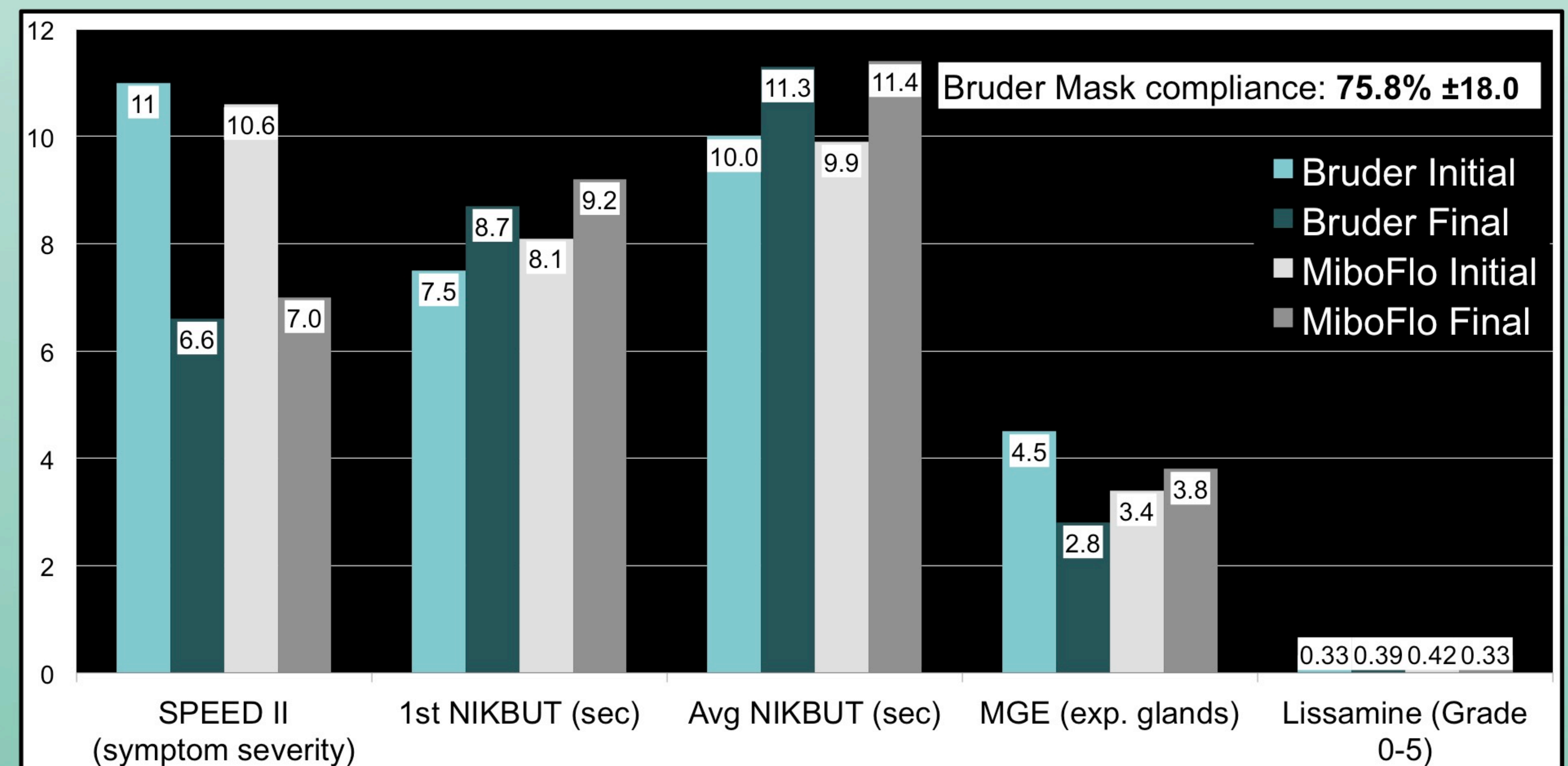


Figure 3. Mean of collected data