

# ARVO STUDY BY DR. SCOTT SCHACHTER

**Title:** Novel Okra Polysaccharide Approach to Inflammation Control for Dry Eye

**Purpose:** Dry eye is generally a chronic inflammatory condition involving the eyelid margin and meibomian glands. There are very few treatment options for dry eye that can provide immediate and lasting symptomatic relief beyond a few minutes. We performed an in-office eyelid debridement procedure using a novel okra-based polysaccharide gel to evaluate its effectiveness for dry eye relief as assessed by a Standard Patient Evaluation of Eye Dryness (SPEED) questionnaire.

**Methods:** Subjects with a SPEED score over 6 and who were 18 years or older were eligible for this study. Exclusion criteria included smoking, pregnancy, active ocular infection or intraocular inflammation, recent eye surgery within the previous 3 months, or prior isotretinoin use. SPEED scores were taken at baseline and at 2 hours following bilateral eyelid debridement using the ZocuKit™ System containing the okra-based polysaccharide gel.

**Results:** At baseline, the mean SPEED score was  $11.3 \pm 0.7$  in 9 subjects. Two hours after eyelid debridement with an okra-based polysaccharide gel, the mean SPEED score improved to  $0.7 \pm 0.3$  ( $p < 0.0001$ ).

**Conclusion:** Our results demonstrate a striking improvement in all treated subjects with moderate to severe dry eye symptoms using a novel okra-based polysaccharide approach for controlling inflammation at the eyelid margin. Further research will help to clarify how this natural okra-based approach can be used as a long-term therapy for dry eye and its role as adjunctive treatment for other types of interventional eye procedure like IPL, meibomian gland probing, pterygium and refractive surgeries.

