

Course Title: The Ugly Truth of Cosmetics and the Eyes

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Financial Disclosures

I have no relevant financial relationship or commercial interest to disclose.

Course Description/Summary:

Optometric physicians should be aware of the effects that cosmetics have on the ocular surface and beyond while the cosmetic industry continues to expand. This lecture aims to elaborate on the risks of cosmetic use in addition to provide guidelines for proper education to patients regarding cosmetic use and daily hygiene.

Learning Objectives

1. Explain current FDA regulations for cosmetic products in the US and other countries
2. Compare and contrast current FDA regulations on eye care products and how they differ in various parts of the world
3. Discuss the risks of chemicals to the ocular surface
4. Review current research of cosmetics and their effect to humans
5. Explain proper daily hygiene routines
6. Discuss diseases of the anterior segment that may be caused or exacerbated by cosmetics
7. Provide tools and structure for doctors to explain to their patients about the DOs and DONTs of cosmetics and hygiene

Course Content

- A. Ingredients of Cosmetics
 - a. Preservatives
 - b. Formaldehyde
 - c. Retinol
 - d. Alcohols
- B. Safe Ingredients vs Harmful Ingredients
 - a. How to identify safe vs harmful

- b. Importance of educated patients
- C. Cosmetic industry
 - a. What are cosmetics?
 - i. Federal Food, Drug, and Cosmetic Act
 - b. Consumer Trends
 - i. Cosmetic and anti-aging industry
 - c. Chemicals
- D. The Eye Exam
 - a. Lids and lashes
 - i. Adnexa
 - 1. Eyelashes, blepharitis
 - 2. False eyelashes
 - ii. Lid margin
 - 1. Scalloped lid margin
 - 2. Capped meibomian glands
 - 3. Thickening
 - 4. Telangectasia
 - iii. Conjunctiva
 - 1. Papillary or follicular conjunctivitis
 - 2. Lid wiper epitheliopathy
 - 3. Conjunctival staining patterns
 - 4. Debris in fornix
 - 5. Hyperemia
 - 6. Conjunctivochalasis
 - iv. Cornea
 - 1. TBUT
 - 2. Debris in tear film
 - 3. Staining patterns

4. Dystrophies

v. Evert Eyelids

1. Photos

vi. Meibomian glands

1. Transilluminate lid margins

2. Express glands

3. Meibography

E. Impact on Ocular Surface

a. Meibomian gland dysfunction

b. Hordeolums

c. Dry Eye

i. Eyeliner

1. Obstructs the meibomian gland orifices

2. Stops meibum from approaching lipid reservoirs from lid margin and tear film

d. Contact Dermatitis

i. Throw away offending agent

F. Research

a. Survey from 2016 AAO poster presentation

b. OTC eyelash growth serum

c. Effects of Tea Tree Oil on Ocular Surface

G. Beauty Trends

a. Harm to meibomian glands

b. Impact of social media

i. Makeup and self esteem

ii. Celebrities

c. Application techniques and trends

i. Eyeliner onto meibomian gland orifices

d. Beauty techniques

i. LASHES

1. False eyelashes
2. Eyelash extensions
3. Eyelash perming
4. Eyelash tinting
5. Tattooed eyeliner

e. Lash enhancing- various OTC and RX products

- i. Latisse
- ii. Zoria
- iii. OTC lash serums
- iv. Risks
- v. OTC vs RX
- vi. PAP- Prostaglandin Associated Periorbitopathy

f. Removal and chemicals

- i. AOA article

H. Beauty Tips to Avoid/ Beauty DONTs

I. Beauty Tips to Implement/ Beauty DOs

a. Lashing out:

- i. False eyelashes
- ii. Eyelash extensions
- iii. Eyelash perming
- iv. Eyelash tinting
- v. Eyelash serums
- vi. Tattooed eyeliner

b. AOA article: How to Use Cosmetics Safely Around Your Eyes

c. Be the one to start the conversation