

MITIGATE

SIMPLE

MORE CHALLENGING

STRATEGIES

IDENTIFICATION

History taking
questionnaires

**DIFFERENTIAL
DIAGNOSIS**

Triaging
Manage vs. refer

PREVENTION

Detecting incidental
ocular surface disease

**MODIFIABLE
RISK FACTORS**

Digital hygiene
Maintain hydration
Contact lens optimisation
Adequate sleep

Environmental
optimisation
Hormonal balance

Iatrogenic considerations
MGD prophylaxis