

### Transcript Details

This is a transcript of an educational program. Details about the program and additional media formats for the program are accessible by visiting: <https://reachmd.com/programs/medical-industry-feature/inhibiting-inflammation-in-dry-eye-disease/24203/>

### ReachMD

www.reachmd.com  
info@reachmd.com  
(866) 423-7849

### Inhibiting Inflammation in Dry Eye Disease

#### ReachMD Announcer:

You're listening to ReachMD. This medical industry feature, titled "Inhibiting Inflammation in Dry Eye Disease" is sponsored by Bausch + Lomb. Eye care professionals in this video received compensation for their time.

Here's Dr. Eric Donnenfeld, Dr. Kenneth Beckman, and Dr. Preeti Gupta.

#### Voiceover:

We asked a group of leading eye care professionals why Xiidra® (lifitegrast ophthalmic solution) 5% is their clear choice for inhibiting inflammation in dry eye disease.<sup>1\*</sup> This is what they had to say.

#### Dr. Donnenfeld:

If you have inflammation, if you can control or reduce the inflammation, you can treat the disease. And that's where Xiidra plays a significant role.

#### Dr. Beckman:

Xiidra is a very effective immunomodulator for the treatment of dry eye, and it has a unique mechanism.<sup>1†</sup> It's an LFA antagonist. And what it does is it limits T-cell adhesion to the ICAM-1 receptors.<sup>1\*</sup>

#### Dr. Gupta:

I think what makes Xiidra unique is that it's an immunomodulator that has the ability to stop T-cells where they are, so it has the ability to block recruitment of T-cells but also activation of T-cells.<sup>1\*</sup>

#### Dr. Beckman:

What we found is if you can limit the T-cell activity, you can really get a significant improvement in the inflammation on the surface.<sup>1†</sup> And gradually, we start to see improvement in the symptoms and the signs.

#### Dr. Donnenfeld:

I strongly believe in Xiidra. And it treats the inflammation, which is the root cause of dry eye.

#### Voiceover:

Please see the transcript for important notes, references and safety information.

\*The exact mechanism of action of Xiidra in dry eye disease is not known.<sup>1</sup>

† Xiidra improved symptoms of dry eye disease at 2 weeks compared with the vehicle in 2 of 4 studies.<sup>1</sup>

### References

1. Xiidra. Prescribing Information. Bausch & Lomb Inc.

### Indication

Xiidra® (lifitegrast ophthalmic solution) 5% is a prescription eye drop used to treat the signs and symptoms of dry eye disease.

### Important Safety Information

- Do not use Xiidra if you are allergic to any of its ingredients. Seek medical care immediately if you get any symptoms of an allergic reaction.
- Xiidra is contraindicated in patients with known hypersensitivity to lifitegrast or to any of the other ingredients.
- In clinical trials, the most common adverse reactions reported in 5-25% of patients were instillation site irritation, dysgeusia and reduced visual acuity. Other adverse reactions reported in 1% to 5% of the patients were blurred vision, conjunctival hyperemia, eye irritation, headache, increased lacrimation, eye discharge, eye discomfort, eye pruritus and sinusitis.
- To avoid the potential for eye injury or contamination of the solution, patients should not touch the tip of the single-use container to their eye or to any surface.
- Contact lenses should be removed prior to the administration of Xiidra and may be reinserted 15 minutes following administration.
- Safety and efficacy in pediatric patients below the age of 17 years have not been established.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

Please see Full Prescribing Information at [Xiidra-ecp.com](http://Xiidra-ecp.com)

**ReachMD Announcer:**

This program was sponsored by Bausch + Lomb. If you missed any part of this discussion, visit Industry Features on ReachMD.com, where you can Be Part of the Knowledge.

©2025 Bausch + Lomb. XDR.0433.USA.24