

NEWSLETTER 16: REPORT on the 48th Congress of ECLSO (European Contact Lens Society of Ophthalmologists) in MANDELIEU (France)

Interesting programme, excellent speakers

Mandelieu is a splendid location, especially in September. Quite near to Cannes and the Côte d'Azur beaches and only a 20 minutes' drive from Nice Airport, Mandelieu proved to be the destination for about 250 contact lens specialists and representatives of the industry at the 48th ECLSO Congress on September 14th and 15th 2018.

The ECLSO Scientific Committee had, as always, developed a high standard programme by inviting top specialists in their respective fields. The venue was the Congress Center in Mandelieu, a modern utility complex, where the congress itself and the supporting industry exhibition could find a perfect infrastructure. The central topics of this congress were myopia control and scleral lenses.

On the first day, the myopia control session was moderated by Florence Malet (Bordeaux, France) and Bruce Koffler (Lexington, USA). Jeremy Guggenheim (Cardiff, UK) reported on the influence of genetic and environmental factors on the onset and development of myopia. So far 161 independent genoci influencing myopia have been identified, but their precise functions have remained largely unknown. The effect of environmental factors, however, is better documented. We do know, that a short reading distance is causally related to the

development of myopia. Studies have illustrated that every year of indoor education is responsible for a myopia increase of -0,27 D. This can be countered by regular outdoor activities with at least 10,000 Lux illumination. This is illustrated by two papers published in China und Taiwan reporting on school children, who at the time of inclusion in the study were between 6 and 7 years old. Only 40 minutes of extra daily outdoor activities reduced myopia progression by circa 25 %. Wolf Lagreze (Freiburg,



Pict. 1: Mandelieu La Napoule



Pict. 2: Congress Center in Mandelieu



Pict. 3: Bruce Koffler



Pict. 4: Panel discussion

Germany) discussed the effect of atropine on myopia progression in children. In a clinical study in Singapore administering unpreserved 0.01 % atropine eye drops was shown to slow down myopic progression considerably, but was giving a rebound afterwards. In combination with outdoor activities (at least 10 hours a week) it seems to be very effective.

Bruce Koffler proposes rigid orthokeratology corneal contact lenses in his praxis as the way to treat myopia progression in children. There are practically no adverse effects, but careful monitoring of the patient is advised.

Langis Michaud (Québec, Canada) defended the use of soft contact lenses for myopia control. He emphasized that for evaluating the efficacy the measurement of diopters is much less important than defining the axial length of the eye. Controlling myopia progression would consist of three pathways altogether: the environmental approach, use of atropine and soft contact lenses.



Pict. 5: Eef van der Worp

In the session about contact lens materials, moderated by René Mély (Valmont, France) and Gudrun Bischoff (Hamburg, Germany, President IMCLC), Shehzad Naroo (Birmingham, UK) und Ömür Uçakhan-Gündüz (Ankara, Turkey) presented the pros and cons of conventional hydrogel and silicone materials, which led to a lively panel discussion with Helmer Schweizer (Alcon), Ioannis Tranoudis (Johnson & Johnson), Marcelo Sobrinho (representative of SOBLEC, Brazil).

A specific highlight was the keynote lecture by Eef van der Worp (Amsterdam, Netherlands), who presented „The science and skill of fitting a soft lens“ in his typically compelling and enthusiastic way. In his presentation he emphasized the ideal combination between art and experience as the key to successful lens fitting and he also pleaded for not fitting the eye to the existing gamma of contact lenses, but to create a contact lens for every eye.

The second day started off with the overbearing question „Will TFOS DEWSII change everyday practice“? Christophe Baudouin (Paris, France) and Ömür Uçakhan-Gündüz focused their presentations on classification of causes and symptoms of Dry Eye Disease as a way to a better diagnosis and treatment. Penny Asbell (Memphis, USA) reported on the results of the DREAM Study (Dry Eye Assessment and Management). Out of this double-blind study on Dry Eye patients it appeared there is no difference between the effect of omega 3 fatty

acids supplementation and an olive oil based placebo. After this Penny Asbell presented a keynote lecture on eye pathology caused by Herpes Zoster, as it was described in the Zoster Eye Disease Study (ZEDS). Recently an increase of incidence and a decrease in age of Zoster patients can be noticed in the general population. Vaccination with the non-live virus may be strongly recommended.

Elisabeth Messmer's presentation concentrated on the onset mechanisms and treatment possibilities of neuropathic pain. Typical situation is a patient with severe symptoms and no objective findings. The substrate of this very complex pathology could reside in the trigeminal fibres to the thalamus, producing sensations of pain disconnected from peripheral pain causing factors. Treatment is not very well documented and consists mainly of ocular surface rehabilitation including serum drops and contact lenses (scleral & soft), life style changes, cognitive and behavioral therapy.

Scleral lenses were one of the central topics of this ECLSO Congress. In the afternoon of the second day Carina Koppen (Antwerpen, Belgium) and Eef van der Worp moderated a panel discussion on pros and cons of scleral lenses, bringing together Lynette Johns (Boston, USA), Greg Denaeyer (Columbus, USA) and Langis Michaud. Eef van der Worp advised not to underestimate the problems related to scleral lens fitting. The scleral lens specialist only masters the fitting procedure well enough after about 60 successful fittings so that the number of trial lenses needed can be reduced.

In his keynote lecture Marc Muraine (Rouen, France) eloquently compared the epithelial cells of the cornea to flowers needing nutrients and water, while the scleral lens functions as a greenhouse for improved growth. He then gave a survey of different ocular surface diseases that can be treated with scleral lenses: Sjögren, Stevens-Johnson, chronic graft-versus-host keratoconjunctivitis, different types of keratopathy, rosacea, chemical burns,...

As on Friday, this afternoon was concluded by four practical courses on lens fitting.

In the morning, the General assembly had elected Carina Koppen to the function of President and Ömür Uçakhan to the function of Secretary-General. The following ECLSO congress in 2020 will prove to be another highly informative event for all contact lens adapting ophthalmologists and contact lens specialists.

In a special session, René Mély awarded the Fick-Kalt-Muller Medal to Florence Malet for her out-standing career in ophthalmology and excellent service to the ECLSO.



Pict.6: starting on the left ... Fateme Alipour (National Representative Iran), René Mély (President), Carina Koppen (President elect), Ursula Vogt (Treasurer), Ömür Uçakhan-Gündüz (Secretary-General elect).

The best free paper award went to Didem Yigit Dizdar (Turkey) and the best poster award to Juliette Knoeri (Paris, France)

On Saturday evening, the congress was concluded by a magnificent dinner at a marvelous seaside restaurant.

A heartfelt thank you to the speakers and the participants!

Redaction: Prof. Dr Carina Koppen, Dr Wolfgang G.K. Müller-Lierheim, Dr René Mély, Frank Van den Eynde