

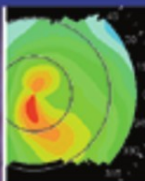
# ESSENTIALS IN OPHTHALMOLOGY

G. K. KRIEGLSTEIN · R. N. WEINREB

Series Editors



Glaucoma



Cataract  
and Refractive  
Surgery



Uveitis  
and  
Immunological  
Disorders



Vitreoretinal  
Surgery



Medical  
Retina



Oculoplastics  
and Orbit



Paediatric  
Ophthalmology,  
Neuro-  
ophthalmology,  
Genetics



Cornea  
and External  
Eye Disease

# Cataract and Refractive Surgery

Edited by  
T. KOHNEN  
D. D. KOCH



Springer



**Essentials in Ophthalmology**

**Cataract and Refractive Surgery**

T. Kohnen   D.D. Koch  
Editors

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## **Pediatric Ophthalmology, Neuro-Ophthalmology, Genetics**

## **Cornea and External Eye Disease**

Editors Thomas Kohnen  
Douglas D. Koch

# Cataract and Refractive Surgery

With 75 Figures, Mostly in Colour  
and 22 Tables

 Springer

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ISBN-10 3-540-30795-8  
Springer Berlin Heidelberg NewYork

ISBN-13 978-3-540-30795-2  
Springer Berlin Heidelberg NewYork

ISSN 1612-3212

Library of Congress Control Number: 2006929208

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Editor: Marion Philipp, Heidelberg, Germany  
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Production: LE-TeX Jelonek, Schmidt & Vöckler GbR, Leipzig, Germany  
Cover Design: Erich Kirchner, Heidelberg, Germany

Printed on acid-free paper  
24/3100Wa 5 4 3 2 1 0

# Foreword

The series *Essentials in Ophthalmology* was initiated two years ago to expedite the timely transfer of new information in vision science and evidence-based medicine into clinical practice. We thought that this propitious idea would be moved and guided by a resolute commitment to excellence. It is reasonable to now update our readers with what has been achieved.

The immediate goal was to transfer information through a high quality quarterly publication in which ophthalmology would be represented by eight subspecialties. In this regard, each issue has had a subspecialty theme and has been overseen by two internationally recognized volume editors, who in turn have invited a bevy of experts

to discuss clinically relevant and appropriate topics. Summaries of clinically relevant information have been provided throughout each chapter.

Each subspecialty area now has been covered once, and the response to the first eight volumes in the series has been enthusiastically positive. With the start of the second cycle of subspecialty coverage, the dissemination of practical information will be continued as we learn more about the emerging advances in various ophthalmic subspecialties that can be applied to obtain the best possible care of our patients. Moreover, we will continue to highlight clinically relevant information and maintain our commitment to excellence.

**G. K. Krieglstein**

**R. N. Weinreb**

Series Editors

# Preface

In a field that changes as rapidly as ophthalmology, why do clinicians continue to buy books? There are probably several reasons, but a primary one is that a well-written book provides comprehensive, evidence-based, clinically relevant overviews that cannot be obtained elsewhere. The challenge is to provide this material to readers in a timely fashion, in a format that facilitates easy reference and clinical use, and in sufficient detail that basic science and theoretical aspects are provided. We hope that this volume accomplishes these goals.

This second edition of *Cataract and Refractive Surgery* includes topics that complement those in

the first edition and represent new areas of clinical importance in cataract and refractive surgery. The cataract section emphasizes the management of complex cases, intraocular lens selection and power calculations. In the refractive surgery section, topics include both corneal and lenticular approaches, particularly new technologies in both realms.

We hope that the readers will find this edition to be of intellectual interest and substantial clinical value. We owe a great deal of gratitude to the authors who have worked so hard to mine their own and others' experiences and data to write these chapters.

**T. Kohnen**

**D. D. Koch**

Volume Editors

# Contents

## Cataract Surgery

### Chapter 1 Intraocular Lenses to Restore and Preserve Vision Following Cataract Surgery

Robert J. Cionni

1.1	Introduction	3
1.2	Why Filter Blue Light?	3
1.3	Why is the Consideration of Blue Light Important to Our Cataract and Refractive Lens Exchange Patients?	5
1.4	Quality of Vision with Blue- Light Filtering IOLs	6
1.5	Clinical Experience	8
1.6	Unresolved Issues and Future Considerations	9
1.7	Conclusion	9
	References	9

### Chapter 2 Cataract Surgery in Eyes with Loose Zonules

Ehud I. Assia

2.1	Introduction	13
2.2	Surgical Approach	14
2.3	Weakened Zonules	14
2.4	Zonular Dialysis	15
2.5	Capsule Tension Rings	15
2.6	Other Types of CTRs	18
2.7	Dislocation of Capsular PC- IOL	20
	References	22

### Chapter 3 Management of the Small Pupil for Cataract Surgery

Alan S. Crandall

3.1	Introduction	23
3.2	Surgical Management of the Small Pupil	23
3.2.1	Two-Instrument Iris Stretch	24
3.2.2	Iris Stretch: Beehler Device	24
3.2.3	Iris Stretch/Iris Retractors	25
3.2.4	Silicone Pupil Expander	26
3.2.5	PMMA Pupil Expanders	26
3.2.6	Multiple Sphincterotomies	26
3.2.7	Special Circumstances: Systemic Alpha 1 Blockers	27
	References	29

### Chapter 4 Advanced Intraocular Lens Power Calculations

John P. Fang, Warren Hill, Li Wang,  
Victor Chang, Douglas D. Koch

4.1	Introduction	31
4.2	Axial Length Measurement	31
4.2.1	Ultrasound	31
4.2.1.1	Applanation Technique	32
4.2.1.2	Immersion Technique	33
4.2.2	Optical Coherence Biometry	35
4.3	Keratometry	36
4.4	Anterior Chamber Depth Measurement	37
4.5	IOL Calculation Formulas	37
4.5.1	The Second and Third Generation of IOL Formulas	38
4.5.2	The Fourth Generation of IOL Formulas	38
4.5.3	Capsular Bag to Ciliary Sulcus IOL Power Conversion	39
4.6	Determining IOL Power Following Corneal Refractive Surgery	39



4.6.1	Methods Requiring Historical Data .....	40
4.6.1.1	Clinical History Method .....	40
4.6.1.2	Feiz-Mannis IOL Power Adjustment Method .....	40
4.6.1.3	Masked IOL Power Adjustment Method .....	40
4.6.1.4	Topographic Corneal Power Adjustment Method .....	40
4.6.2	Methods Requiring No Historical Data .....	41
4.6.2.1	Hard Contact Lens Method ..	41
4.6.2.2	Modified Maloney Method ..	41
4.6.3	Hyperopic Corneal Refractive Surgery .....	41
4.6.4	Radial Keratotomy .....	42
4.6.5	Accuracy and Patient Expectations .....	42
4.7	Corneal Transplantation .....	44
4.8	Silicone Oil .....	44
4.9	Conclusion .....	45
	References .....	45

## Refractive Surgery

### Chapter 5

#### Customized Corneal Treatments for Refractive Errors

Scott M. MacRae, Manoj V. Subbaram

5.1	Introduction .....	49
5.2	Some Basics of Customized Laser Refractive Surgery .....	49
5.3	Forms of Customization .....	52
5.3.1	Optical Customization .....	52
5.3.2	Anatomical Customization ..	52
5.3.3	Functional Customization ...	53
5.4	Technological Requirements for Customized Refractive Surgery .....	54
5.4.1	Physical Properties of the Laser .....	54
5.4.2	Eye Movement Tracking .....	54
5.4.3	Wavefront Measurement and Wavefront-Laser Interface ..	55
5.5	Biomechanics of Refractive Surgery .....	56

5.5.1	LASIK Flap .....	57
5.6	Clinical Results of Customized Excimer Laser Ablation .....	58
5.7	Summary .....	60
	References .....	61

### Chapter 6

#### EpiLASIK

Chris P. Lohmann,  
Christoph Winkler von Mohrenfels,  
Andrea Huber

6.1	Introduction .....	65
6.2	EpiLASIK Microkeratomes ...	66
6.3	Histology of the EpiLASIK Cut .....	67
6.3.1	Light Microscopy .....	67
6.3.2	Transmission Electron Microscopy .....	67
6.3.3	Scanning Laser Microscopy .	68
6.3.4	Cell Vitality .....	68
6.4	EpiLASIK: the Surgery .....	68
6.4.1	Preoperative Evaluation ....	68
6.4.2	Indication for Refraction ....	69
6.4.3	Inclusion Criteria .....	69
6.4.4	Exclusion Criteria .....	69
6.5	EpiLASIK Technique .....	69
6.5.1	Surgical Technique: Pearls ...	70
6.5.2	EpiLASIK Microkeratome Settings Exemplary for the Gebauer/CooperVision EpiVision .....	70
6.5.3	High Myopia: Mitomycin C ..	70
6.5.4	Bandage Contact Lens .....	70
6.5.5	Postoperative Examinations and Medication .....	71
6.6	Clinical Experiences .....	72
6.6.1	Conventional EpiLASIK .....	72
6.6.2	Refractive Results .....	73
6.6.3	Safety .....	74
6.6.4	Uncorrected Visual Acuity (UCVA Efficacy) .....	75
6.6.5	Postoperative Pain .....	75
6.6.6	Corneal Haze .....	75
6.6.7	Corneal Sensitivity .....	76
6.7	Customized Ablation: Wavefront-Guided or Wavefront-Optimized .....	76
6.7.1	Refractive Results .....	76

6.7.2	Visual Outcome .....	76
6.7.3	Wavefront Analysis .....	77
6.7.4	Corneal Haze .....	77
6.8	EpiLASIK Enhancement .....	77
6.8.1	Refractive Results (Re-surgery) .....	78
6.8.2	Visual Outcome .....	78
6.8.3	Corneal Haze .....	78
6.9	Complications .....	79
6.9.1	Possible Intra- and Postoperative Complications .....	79
6.9.1.1	Inability to Get Suction Even When Unit Shows Vacuum Attained .....	79
6.9.1.2	"Incomplete Flap" .....	79
6.9.1.3	Conjunctiva "Too Allergic" (Chemosis) .....	79
6.9.1.4	"Can't Fit the Vacuum Ring" .....	79
6.10	Pros of EpiLASIK .....	79
6.11	Cons of EpiLASIK .....	80
6.12	Important References .....	80

## Chapter 7

### The Femtosecond Laser: a New Tool for Refractive and Corneal Surgery

Mitchell P. Weikert, Anne Bottros

7.1	Introduction .....	83
7.2	Mechanism of Action .....	83
7.3	Clinical Applications of the FS laser .....	84
7.3.1	LASIK Using the Femtosecond Laser .....	84
7.3.1.1	Laser Settings .....	85
7.3.1.2	Surgical Technique .....	86
7.3.1.3	Clinical Results .....	88
7.3.1.4	Flap Dimensions .....	88
7.3.1.5	Visual and Refractive Outcomes .....	90
7.3.1.6	Aberrations .....	90
7.3.1.7	Complications .....	92
7.3.2	Intracorneal Ring Segment Implantation .....	96
7.3.3	Penetrating and Lamellar Keratoplasty .....	97
7.4	Conclusions .....	99
	References .....	99

## Chapter 8

### Complications of Excimer Laser Surgery

Hiroko Bissen-Miyajima

8.1	Introduction .....	101
8.2	Preoperative Evaluation .....	101
8.3	Intraoperative Complications .....	101
8.3.1	Decentered Ablations .....	103
8.3.2	Irregular Astigmatism .....	103
8.3.3	Central Islands .....	103
8.3.4	Undercorrection .....	106
8.3.5	Overcorrection .....	107
8.4	Postoperative Complications .....	107
8.4.1	Regression .....	108
8.4.2	Corneal Haze .....	108
8.4.3	Delayed Epithelialization .....	109
8.4.4	Infections .....	109
8.4.5	Adverse Effects on the Corneal Endothelium .....	109
8.4.6	Corneal Ectasia .....	109
	References .....	110

## Chapter 9

### Refractive Lens Exchange: Risk Management

Emanuel Rosen

9.1	Introduction .....	113
9.2	RLE: Need to Know .....	113
9.3	Cystoid Macular Edema .....	114
9.4	Risk Management and Rhegmatogenous Retinal Detachment .....	114
9.5	Complicated Lens Surgery .....	116
9.6	Age and Pseudophakia in Myopic Eyes .....	117
9.7	Odds of RRD Occurrence .....	117
9.8	Why Should Myopic Eyes Be Vulnerable to RRD? .....	118
9.9	Prophylaxis .....	119
9.10	Nd:YAG Laser Posterior Capsulotomy and Retinal Detachment .....	120
9.11	Relationship of RRD Occurrence to Surgical Complications of Lens Extraction .....	120

9.12	Risk of RRD After RLE in Hyperopic Eyes .....	120
9.13	Prognosis of RRD Following RLE: Outcome of Pseudophakic Retinal Detachment .....	121
9.14	Ethical and Medico-Legal Considerations .....	122
9.15	Conclusion .....	123
	References .....	124

## Chapter 10

### Pseudoaccommodative and Accommodative IOLs

Mark Packer, I. Howard Fine,  
Richard S. Hoffman, H. Burkhard Dick

10.1	Introduction .....	127
10.2	Clinical Efficacy and Safety ..	129
10.3	Photoc Phenomena .....	129
10.4	Refractive Lens Exchange ..	131
10.5	Complication Management ..	131
10.6	Functional Vision and Multifocal IOL Technology ..	131
10.7	Accommodative Intraocular Lenses .....	133
10.8	Accommodative IOLs in Clinical Practice .....	135
10.9	Dual Optic Accommodative IOL Technology .....	137
10.10	Conclusions .....	139
	References .....	140

## Chapter 11

### Selecting Phakic Intraocular Lenses for the Correction of Refractive Errors

Thomas Kohnen, Thomas Kasper

11.1	Introduction .....	143
11.2	From Past to Present: Evolution of Phakic IOLs ...	144
11.2.1	History of Anterior Chamber Phakic IOLs .....	144
11.2.2	Current Models of Anterior Chamber pIOLs .....	144
11.2.2.1	Rigid pIOLs with fixation in the anterior chamber angle .....	144
11.2.2.2	Foldable pIOLs with fixation in the anterior chamber angle .....	145

11.2.2.3	Rigid Iris-Fixated pIOLs .....	146
11.2.2.4	Foldable Iris-Fixated pIOL ..	147
11.2.3	History of Posterior Chamber Phakic IOLs .....	147
11.2.4	Current Models of Posterior Chamber pIOLs .....	147
11.2.4.1	Implantable Contact Lens (ICL, Staar) .....	147
11.2.4.2	Phakic Refractive Lens (PRL, IOL Tech) .....	147
11.3	General Factors for the Selection of a pIOL .....	148
11.3.1	Preoperative Refraction ....	148
11.3.2	Preexisting Astigmatism ...	149
11.3.3	Anatomical Requirements ..	150
11.3.3.1	Endothelial Cell Density ....	150
11.3.3.2	Anterior Chamber Depth ...	150
11.3.3.3	Anterior Chamber Angle ...	150
11.3.3.4	Anterior and Posterior Chamber Biometry .....	151
11.3.3.5	Pupil Diameter .....	152
11.3.3.6	Opacification and "Crystalline Lens Rise" .....	153
11.3.3.7	Status of the Retina .....	153
11.4	Excluding Pathologies ....	153
11.5	Conclusion .....	154
	References .....	154

## Chapter 12

### Intracorneal Implants

Jorge L. Alió y Sanz, Mohamed H. Shabayek

12.1	Introduction .....	159
12.2	Intracorneal Hydrogel Lenses .....	159
12.2.1	Introduction .....	159
12.2.2	Indications .....	160
12.2.3	Characteristics .....	160
12.2.4	Surgical Technique .....	160
12.2.5	Postoperative Treatment ...	160
12.2.6	Outcome .....	160
12.2.7	Complications .....	161
12.3	Intracorneal Ring Segments .....	161
12.3.1	Introduction .....	161
12.3.2	Mode of Action .....	162
12.3.3	Types .....	162
12.3.4	Surgery Plan .....	164
12.3.4.1	INTACS .....	164
12.3.4.2	KERARING .....	164

12.3.5	Implantation Technique ....	165	12.3.6	Outcomes of Intracorneal	
12.3.5.1	Surgically .....	165		Ring Segments .....	167
12.3.5.2	Intracorneal Ring Segments with the Femtosecond Laser (IntraLase) .....	166	12.3.7	Complications .....	168
12.3.5.3	Postoperative Treatment ..	167		References .....	168
			<b>Subject Index</b> .....		171

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# Cataract Surgery

# Intraocular Lenses to Restore and Preserve Vision Following Cataract Surgery

Robert J. Cionni

## Core Messages

- Our ability to restore vision lost to cataracts has improved tremendously over the last few decades.
- More focus on maintaining vision is essential, especially for patients with macular degeneration.
- Blue light has been shown to be potentially damaging to the retina.
- The normal human crystalline lens filters out much blue wavelength light. Removal of this lens and placing a colorless UV-blocking intraocular lens (IOL) leaves the retina exposed to higher levels of blue light.
- IOLs are now available that can filter out blue light similar to the normal human lens.
- These blue filtering IOLs have been shown to have no negative effect on vision in terms of visual acuity, contrast sensitivity, color perception, and night vision.

the possibility of distance, near, and intermediate vision without glasses [2, 23, 32]. With these IOLs we can not only restore vision to the pre-cataract level, but also to the pre-presbyopia state, thereby reducing spectacle dependency. Unfortunately, many of our cataract patients suffer from age-related macular degeneration (ARMD) as well and are concerned about progressive vision loss following cataract surgery. Despite our success in restoring vision for our cataract patients, we have not gained much ground in preserving vision for those patients with macular degenerative disease. Over the last few decades more and more literature has surfaced suggesting that blue light may be one factor in the progression of ARMD [8]. The normal human crystalline lens filters not only ultraviolet light, but also much of the high frequency blue wavelength light. When we remove the crystalline lens, we remove the eye's natural blue light filter. If we replace the crystalline lens with an IOL that does not filter this blue wavelength light, we must wonder if we are increasing the risk of worsening ARMD. In recent years, blue-light filtering IOLs have been released by two IOL manufacturers. In this chapter we will look at the rationale for implanting blue-light filtering IOLs in an effort to not only restore our patients' vision, but also to preserve that vision.

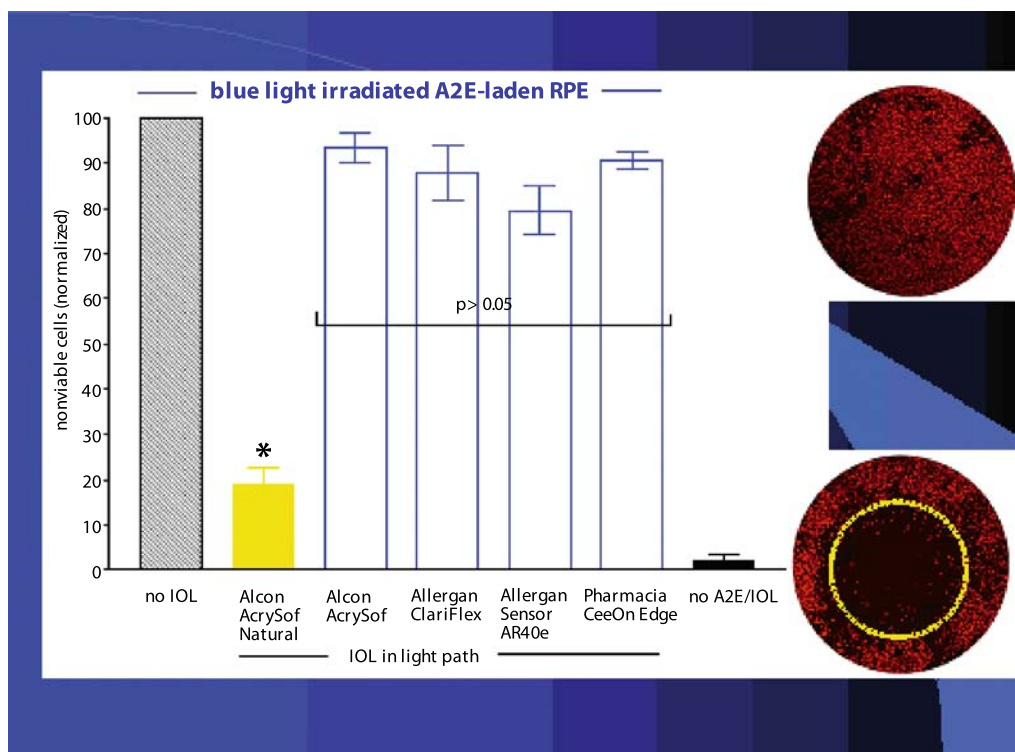
## 1.1 Introduction

Although cataract surgery has been performed for many centuries, technological advances now provide us with the opportunity to afford our patients vision more similar to the pre-cataract state than ever before. Advanced instrumentation and surgical techniques allow our patients to expect excellent uncorrected vision within 24 h of surgery. In addition, newer multifocal and accommodating intraocular lens (IOLs) offer

## 1.2 Why Filter Blue Light?

It is well known that pseudophakic eyes are more susceptible to retinal damage from near ultraviolet light sources [11, 15]. Pollack et al. followed 47 patients with bilateral early ARMD after they underwent extracapsular cataract extraction and





**Fig. 1.1** Cultured human retinal pigment epithelial (RPE) cells laden with A2E exposed to blue wavelength light. Cell death is significant when UV blocking color-

less intraocular lenses (IOLs) are placed in the path of the light, yet markedly reduce when the AcrySof Natural IOL is placed in the light path

implantation of a UV-blocking IOL in one eye, with the fellow eye as a phakic control [25]. Neovascular ARMD developed in 9 of the pseudophakic eyes versus 2 of the control eyes, which the authors suggested might be due to the loss of the “yellow barrier” provided by the natural crystalline lens.

Data from the Age-Related Eye Disease Study (AREDS), however, suggest a heightened risk of central geographic retinal atrophy in pseudophakic eyes [1]. The retina appears to be susceptible to chronic repetitive exposure to low-radiance light as well as brief exposure to higher-radiance light [17, 18, 31, 34]. Chronic, low-level exposure (Class 1) injury occurs at the level of the photoreceptors and is caused by the absorption of photons by certain visual pigments with subsequent destabilization of photoreceptor cell membranes. Sparrow and coworkers have demonstrated that a component of lipofuscin, known as A2E, is in-

tegral in blue light-induced retinal pigment epithelium (RPE) damage [3, 14, 29] and although the retina has inherent mechanisms from Class 1 photochemical damage, the aging retina is less able to provide sufficient protection [27, 37].

Several epidemiological studies have concluded that cataract surgery or increased exposure of blue wavelength light may be associated with progression of macular degeneration [5, 35]. However, other epidemiologic studies have failed to come to this conclusion [6, 7, 19]. Such conflicting epidemiological results are not unexpected since age-related macular disease is felt to be a multifactorial biologic process. Therefore, many of the studies concerning the effects of blue light on the retina have been conducted in animals and in vitro [13, 16, 17, 21, 24, 26]. Numerous of these laboratory studies demonstrate a susceptibility of the RPE to damage when exposed to blue light [28, 29].

If blue light can potentially induce retinal injury, what is felt to be the etiology of the damage? It is well known that lipofuscin accumulates in the RPE cells as we age. One component of lipofuscin is a compound known as A2E and it is this compound that is believed to be the culprit in RPE cell death. A2E has an excitation maximum in the blue wavelength region (441 nm) and when excited by blue light, A2E generates oxygen free radicals, which can lead to RPE cell damage and death. At Columbia University, Sparrow and colleagues exposed cultured human RPE cells laden with A2E to blue light and observed extensive cell death. They then placed different UV blocking IOLs or a UV blocking and blue light filtering IOL in the path of the blue light to see if any of the IOLs provided a protective effect. The results of this study demonstrated that cell death was extensive with all UV blocking colorless IOLs, but significantly diminished with the UV and blue light filtering IOL (Fig. 1.1) [30]. These experiments were conducted *in vitro* and therefore cannot take into account any natural protective mechanisms that might be present *in vivo*. Additionally, the light exposure employed was more representative of high-level short-term exposure rather than low-level chronic exposure. Still, this work demonstrates clearly that blue light-filtering IOLs can help A2E-laden RPE cells to survive the phototoxic insult of the blue light.

### Summary for the Clinician

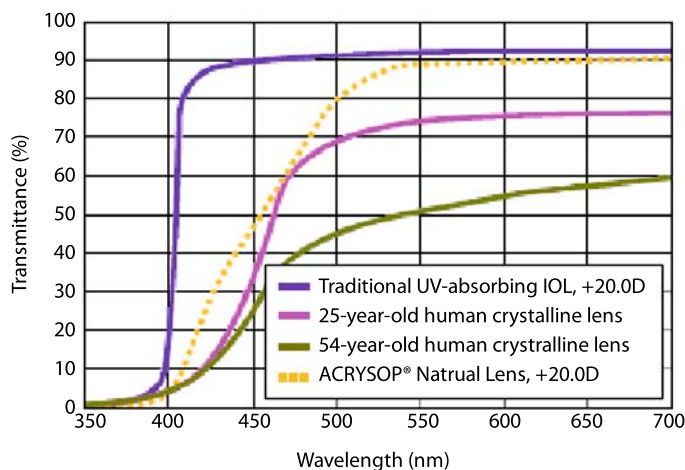
- A growing body of literature suggests that blue light exposure may be one factor in the progression of macular degeneration.

## 1.3 Why is the Consideration of Blue Light Important to Our Cataract and Refractive Lens Exchange Patients?

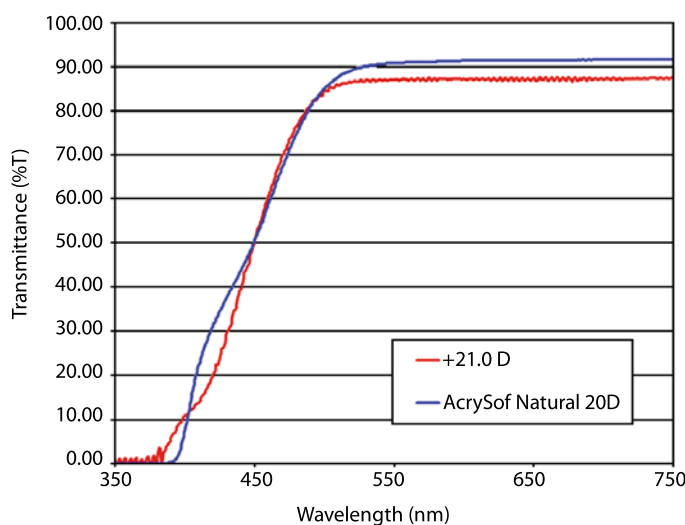
The human crystalline lens normally filters ultraviolet light and much of the light in the blue wavelength spectrum [12]. When the lens is removed during cataract or refractive lens ex-

change (RLE) surgery, this blue-wavelength light can now reach the retina, thereby exposing the RPE cells to much higher levels of blue light than they have ever known. If a *colorless* UV blocking IOL is implanted, the RPE cells remain exposed to this increased level of potentially damaging blue light ever after. At the time of writing, two manufacturers have developed IOLs that filter blue light in addition to UV light.

The AcrySof Natural (Alconlabs, Fort Worth, TX, USA) is a hydrophobic acrylic foldable IOL that incorporates a yellow chromophore cross-linked to the acrylic molecules. This yellow chromophore allows the IOL to filter not only UV light, but also specific levels of light in the blue wavelength region. Aging studies have shown that the chromophore will not leach out or discolor (unpublished, Alconlabs). The AcrySof Natural IOL was approved for use in Europe in 2002 and in the USA in 2003. Evaluation of its light transmission curve demonstrates that this IOL approximates the transmission spectrum of the normal human crystalline lens in the blue light spectrum (Fig. 1.2). Therefore, in addition to benefiting from less retina blue light exposure, color perception should seem more natural to these patients as opposed to the increased blue hues seen by patients who have received colorless UV blocking IOLs [39]. Hoya brought blue-light filtering IOLs to Japan in 1991 (three-piece PMMA Model HOYA UVCY) and in 1994 (single-piece PMMA Model HOYA UVCY-1P). The blue-light filtering characteristics of the Hoya and the AcrySof Natural differ slightly (Fig. 1.3). Clinical studies of some of these blue light-filtering IOLs have been carried out in Japan. One study found that pseudophakic color vision with a yellow-tinted IOL approximated the vision of 20-year-old control subjects in the blue light range [9]. Another study found some improvement in photopic and mesopic contrast sensitivity, as well as a decrease in the effects of central glare on contrast sensitivity, in pseudophakic eyes with a tinted IOL versus a standard lens with UV blocker only [22].



**Fig. 1.2** Light transmission spectrum of the AcrySof Natural IOL compared with those of a 25-year-old and a 54-year-old human crystalline lens and a 20-diopter colorless UV-blocking IOL [12]



**Fig. 1.3** UV/visible transmission spectra for AcrySof Natural and Hoya AF-1 blue light-filtering IOLs obtained using the same instrument under identical conditions (unpublished, Alconlabs)

### Summary for the Clinician

- Removing the cataractous or noncataractous human lens removes the eye's natural blue light filter and exposes the retina to higher levels of blue light than ever before. IOLs are now available that can filter out much of that blue wavelength light similar to the normal noncataractous human lens.

### 1.4 Quality of Vision with Blue-Light Filtering IOLs

A multi-centered, randomized prospective FDA evaluation of the AcrySof Natural IOL was carried out before the lens gained approval for use in the USA. Three hundred patients were randomized to bilateral implantation of the AcrySof Natural IOL or the clear AcrySof Single-Piece IOL. All patients were screened to ascertain normal preoperative color vision before being deemed eligible for the study. Postoperative parameters measured included visual acuity, photopic and mesopic contrast sensitivity, and color percep-