



World innovation for Dry Eye Syndrome using I.P.L. technology (Intensed Pulsed Light)

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The pathology

Dry Eye Syndrome is a common pathology affecting more than 20% of the population with symptoms increasing with age. Conditions of a modern lifestyle (including working on computer screens, driving cars, artificial lights, air pollution, wearing eye contact lenses...) make Dry Eye Syndrome a more and more frequent nuisance. Generally speaking, Dry Eye conditions are a result of a lacrymal layer issue, either caused by insufficient tears or an excessive evaporation. It is recognised that a large majority of cases are caused by the evaporation form, mainly due to an insufficiency of the external lipid layer of the lacrymal film secreted by the Meibomian glands.

The device

E-Eye is a device that generates a polychromatic pulsed light by producing perfectly calibrated and homogenously sequenced light pulses. The sculpted pulses are delivered under the shape of train pulses. **The energy, spectrum and time period are precisely set to stimulate the Meibomian glands in order for them to return to their normal function.**

Quantified efficiency

In this study, 45% of patients originally classified as level 2 (Oxford classification) have, after instillation of fluoresceine, been improved by one or two levels. 81% of patients from level 1 have improved by 1 level. We have obtained these remarkable results two months (on average) after the third E-Eye treatment. Non-invasive, affordable with fast results, E-Eye is a revolution in lots of different aspects.



For more information visit our website www.dry-eyes.com.au call us +61 7 3151 1543 or email us info@dry-eyes.com.au

Dry Eye Academy

Interactive workshops on Dry Eye management will be the highlight of Alcon's Dry Eye Academy, to be held in Brisbane, Melbourne and Sydney.

The Academy workshops offer a hands-on approach to Dry Eye, with opportunities to discuss diagnosis and treatment of the condition, and witness live diagnosis by experts in the field. The workshops are worth 12 therapeutic CPD points.

The Brisbane workshop will be held on 16 March at the Queensland University of Technology; in Melbourne on 30 March at the University of Melbourne and in Sydney on 4 May at the University of NSW.

To RSVP and receive further information, see www.seeuthere.com/dryeye2014 or contact Polly Strauss on AUS (02) 9452 9372.

Australian First: HCF QIP Accredited

Seven HCF Eyecare and Associated Optometrists practices have been recognised for the quality and safety of their service with the award of accreditation by Quality Innovation Performance (QIP).

HCF Eyecare and Associated Optometrists practices are the first in Australia to be accredited by QIP – Australia's most comprehensive not-for-profit accreditation organisation – against the National Safety and Quality Health Service (NSQHS) Standards.

NZ Study to Evaluate Impact of IPL on Dry Eye



A clinical trial at Auckland University is evaluating the effect of Intense Pulsed Light (IPL) on tear film and ocular surface characteristics and on subjective comfort of people with dry eye syndrome. The trial is using the E>Eye IPL device recently launched in Australia and New Zealand by France Medical and designed by E-Swin to offer a long-term solution to people suffering from Dry Eye Syndrome. Two separate clinical studies conducted in France using the E>Eye IPL have shown promising results.

Associate Professor Jennifer Craig, Department of Ophthalmology at the University of Auckland, is conducting her prospective, randomised, double-masked study on participants with symptomatic meibomian gland dysfunction. Only one eye will be treated and outcome measures will be collected at various points throughout the six week period for comparison between the eyes and over time.

She said the clinical trial is important because, "while there is strong anecdotal evidence, there are currently no peer-reviewed articles describing the benefits of IPL for dry eye published in the scientific literature.

"This is no reflection on the two trials being undertaken in France or elsewhere, except that their results are not yet published. Randomised controlled trials that have undergone rigorous peer-review during the publication process, are considered the strongest in terms of scientific evidence (upon which clinicians base best clinical practice).

"By conducting a randomised, placebo-controlled trial, we hope to provide

independent evidence to demonstrate the effect of IPL on the tear film and ocular surface in participants with Meibomian Gland Dysfunction (MGD)," Associate Professor Craig told *mivision*.

HISTORY IN SKIN CARE

IPL technology was initially developed in the 1990s to treat skin conditions. Over decades, its field of application has been extended to other treatments including permanent hair removal, skin pigmentation and collagen stimulation in skin clinics.

The use of IPL to treat dry eye syndrome was accidentally discovered in 2002 in USA when IPL technology was used to treat rosacea. After their treatment, many patients claimed their eyes felt much better. Since then, IPL treatments have developed for use in the treatment of MGB for people suffering from dry eye.

The E>Eye generates a polychromatic pulsed light by producing perfectly calibrated and homogenously sequenced light pulses. In the case of dry eye, the energy/light wavelength/pulse width are calibrated to stimulate the meibomian glands in order for them to return to their normal activity. The treatment takes just a few minutes.

A NEW TOOL FOR DRY EYE

The first optometrist who purchased the E>Eye in Australia is Sydney practitioner and owner of the Eye Practice, Dr. Jim Kokkinakis. Jim has practised as an optometrist for almost 30 years and also lectures at the School of Optometry UNSW. He is a regular speaker at national and

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Lumigan PF Glaucoma Drops

Lumigan Preservative Free eye drops will be listed on the PBS from 1 March as a treatment for glaucoma or ocular hypertension.

With researchers querying whether preservatives have a role in increasing the incidence of Ocular Surface Disease in glaucoma patients, a new preservative free option has been added to the Pharmaceutical Benefits Scheme.

Glaucoma is the world's leading cause of irreversible blindness. It affects more than 300,000 Australians, however it is estimated that up to 50 per cent may not yet have been diagnosed.¹

Glaucoma patients may also have more symptoms of OSD. In a study of 101 patients OSD was reported with a prevalence of 59 per cent.² Some researchers have queried whether common preservatives used in glaucoma eye drops - and in particular benzalkonium chloride (BAK) - is contributing to OSD.³

In common use overseas, preservative free glaucoma drops have only recently been listed on Australia's PBS. Allergan says the preservative free treatment option can lower the risk of OSD, which can adversely impact patients' quality of life.³

1. www.glaucoma.org.au (accessed 3/12/2013).

2. Leung E. et al. J Glaucoma 2008; 17:350-355

3. Skaliky S. et al. Am J Ophthalmol 2012;153:1-9.

DIOP 2014 Korea Optical

Daegu International
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NZ Study to Evaluate Impact of IPL on Dry Eye

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international congresses within his specialty areas including dry eye syndrome.

Mr. Kokkinakis said the arrival of the IPL "adds another tool to our extensive armamentarium of dry eye treatments, which our patients are eagerly looking for".

"I decided to install the E>Eye, to supplement dry eye management options in November 2013. To date approximately 10 procedures have been performed with positive subjective feedback."

France Medical claims that in the first clinical study conducted in France, 45 per

cent of patients originally classified as level two (Oxford classification) have, after instillation of fluorescein, been improved by one or two levels. Eighty-one per cent of patients from level one have improved by one level.

A preliminary open label trial conducted by Associate Professor Craig in Auckland also showed encouraging results. With her clinical trial underway, Assoc. Prof. Craig said, "We are looking forward to completing the controlled study and analysing the data, as I believe IPL is an exciting technology with the potential to offer relief for some dry eye patients."

World First: Kids to Test Parents' Eyes

In a world first, school children in Tanzania will be trained as "Vision Champions" to test the eyes of their peers, family and community members. It's all part of a breakthrough study project being directed by Professor Kavin Naidoo, Global Programs Director at Brien Holden Vision Institute, and CEO of the African Vision Institute.

Professor Kavin Naidoo said he believes the Vision Champions will have a "hugely significant impact in reducing the number of children in Tanzania who are living with uncorrected vision impairment".

The Vision Champions are envisaged to be around 12 years old and are interested learners who show aptitude in their studies. Part of the training is focusing on school children being taught to give others simple screening tests to identify those who may require further eye care. The project also aims to encourage the children to raise awareness about the importance of good eye health.

According to Professor Naidoo, research studies have shown that high cost, language barriers, lack of access, distance and remoteness play a part in people not having regular eye examinations. Training community members to screen the eyes of the people they live close to can help overcome many of these barriers by decreasing cost, and increasing knowledge and accessibility.

"We hope this research will establish the Vision Champions as an innovative, sustainable and efficient model of delivering eye health services to the community," said Professor Naidoo. "We believe it will improve the reach of eye health services for children by changing attitudes and raising awareness of eye health within the broader community."

According to Professor Naidoo, uncorrected refractive error and other common eye

conditions are a major problem among children under the age 15 years old in Tanzania. In many cases, if a child's visual development is not monitored early on and if there is a risk of abnormal conditions developing, the child could live with reduced vision for the rest of their life.

"Training community members to screen the eyes of the people they live close to can help overcome many of these barriers by decreasing cost, and increasing knowledge and accessibility"

"Blindness has far reaching implications for the affected child and their family as it negatively affects education, employment and social prospects," said Professor Naidoo. "This is one of the reasons why we want to pilot the Vision Champions project in Tanzania, and conduct research into its success over time," he said.

The study is being funded by a US\$80,000 grant awarded by the Lions Club International Foundation's Sight First Program.