



EUROPEAN CONTACT  
LENS SOCIETY OF  
OPHTHALMOLOGISTS



## NEWSLETTER 21

Please find the following contributions in this Newsletter

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Over 1 Year in a Sample of Scleral Lens Wearers (Dr Rute Macedo-de-Araújo)

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### I. New Year's wishes

Dear ECLSO Friends and Colleagues,

With the ECLSO Webinar meeting last September 19th, we successfully replaced the scheduled 2020 Congress by a digital meeting about recent insights and ongoing research on the fitting of Scleral Lenses for Keratoconus. One of our speakers at this Webinar, Rute Macedo-de-Araújo, OD PhD student, has been so kind to send a follow-up scientific essay for publication in this Newsletter. Her article is entitled “Clinical Findings, Visual Performance and Ocular Symptoms over 1 year in a Sample of Contact Lens Wearers”.

We thank Dr Ursula Vogt, our ECLSO Treasurer, for composing an overview of all the scientific meetings ECLSO has contributed to during 2020. As you

can see we have been quite active in the online world in Europe and beyond! Dr. Vogt is also sharing our enthusiasm to organise the 49th ECLSO Congress in Paris on September 3rd and 4th 2021. Let us hope the Covid pandemic will be under control by then, so that we can welcome all of you to a live meeting at the Novotel Tour Eiffel in Paris. Dr Andrena McElvanney, our Vice-President, has formulated her optimistic approach on the slow but gradual restoration of ophtalmic services, also welcoming an eventual return to live meetings.

In conclusion, I would like to refer to a poetic message sent in by our Vorstand, Dr Cornelius Berzas, in which he quotes a strophe from J.W. Goethe's tragedy Faust II: "Türmerlied" or the Tower keeper's song:

ZUM SEHEN GEBOREN  
ZUM SCHAUEN BESTELLT  
DEM TURM GESCHWOREN  
GEFÄLLT MIR DIE WELT

BORN TO SEE  
DESIGNED TO LOOK  
SWORN TO THE TOWER  
I LOVE THE WORLD

Helping our patients to see, to look at the world with optimism is a major goal of every ophthalmologist and eye care professional. May the New Year enable us to achieve this, relying on our co-operation in the ECLSO.

A warm **Merry Christmas** and a **Happy New Year** to you and your families!!



*President*  
Carina Koppen, MD



*Secretary-General*  
Ömür Uçakhan-Gunduz , MD

## II. 2020's retrospective

Dear ECLSO Friends and Colleagues

It is with great pleasure that I am writing to you in this ECLSO Newsletter. 2020 has been dominated by COVID-19, and we all suffered in various ways. Our thoughts are with all of those who were directly affected.

Back in January 2020 the world was still perfect, or better we might have been ignorant about COVID.



Well, at the **AoF COC Meeting** in Paris the ECLSO contributed with presentations from Dr **René Mély (Past President)** and myself. René's title was "Effet synergique de l'atropine dans la freination de la myopie par lentille de contact". My talk was: « Comment équiper avec succès Kératocônes et Presbytes en lentilles souples sur mesure ». The AoF meeting was informative and enjoyable!

In March the COVID-19 pandemic changed everyone's life, with mounting travel restrictions across Europe and the world conferences being cancelled and exchanged for online meetings in lockdown.



The **World Ophthalmic Congress (WOC)** in Cape Town initiated a brilliant online meeting. **Prof Dr Adriana Stanila**, who has joined the ECLSO

Presidium this year, was participating at the WOC representing the ECLSO in the **IMCLC Symposium** on Myopia Management receiving many accolades for her participation.

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The **2020 SOE (European Society for Ophthalmologists) meeting** had been cancelled due to the pandemic. The next SOE meeting has now been scheduled for 2nd to 4th December 2021 in Prague - hopefully it will be a live event. We are looking forward to taking part with an ECLSO symposium on myopia management – in the past our SOE contributions have been highly successful.

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René Mély represented the ECLSO at the SFO (Société Française d'Ophtalmologie), an online Congress in September. He emphasised the “Role of atropine in the management of myopia”.

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Due to the pandemic our **ECLSO Congress 2020** in Paris was replaced by the **ECLSO Webinar Seminar** on 19th September organised to perfection by our ECLSO President Prof Dr Carina Koppen. Held in Antwerp the excellent virtual Congress was transmitted worldwide with huge feedback and success.

This highly prestigious event on Keratoconus and Contact lenses was dedicated to further teaching and promotion of the latest developments in Contact Lens and Ocular Surface technology. We could learn from specialists at the top of their profession in the friendly atmosphere of our

own home. **Well done, Carina!**

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From 20th to 22nd November 2020 Prof Dr Adriana Stanila held her annual **Contact lens and Ocular Surface Conference** in Sibiu online.

Did you know that Sibiu is known as the “City with Eyes” with a “Bridge of Lies”?

In true style Adriana has organised a superb meeting in Sibiu, with an excellent programme from: “Persistent Epithelial Defects” to “Eyelid abnormalities”, from “Airbag explosions” to “Ménage à trois : Sex, Sex steroid and Dry Eyes”, “Rare Diseases associated with Keratoconus” to “Clinics during COVID-19”.

Adriana also had participation from the ECLSO presidium. Carina spoke on: “Visual rehabilitation after hydrops”, Ömür updated us on “Dry eye disease management” and I kept the online support staff on high alert when I gave my talk on “Myopia - epidemiology and management with contact lenses”. My computer froze in the middle and a helpful guy on the beach was zooming in to help! Brilliant support!

All in all a most enjoyable event with lively discussions.

**Congratulations Adriana!**

I could not resist including the Sibiu slides into my presentation!



*Sibiú's enchanting Christmas market! We all missed it this year!*

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A "Pre-Festive Season Delight" is coming your way online from the UK with **MCLOSA** (Medical Contact Lens and Ocular Surface Association) on Thursday 10th December titled COVID in ITU. The ECLSO is represented by our Vice President Dr Andrena McElvanney, who will give a personal and professional account of where we are now in the ITU across the UK.

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2020 is certainly a year we will never forget and hopefully 2021 will see us all come together again.

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So last but not least, we'll hope to meet at our **49th ECLSO Congress in Paris on 3rd & 4th September 2021** to gather and exchange views and



engage in high level discussions.

The ECLSO offers an excellent programme (to be viewed on our website) with a multitude of networking opportunities. Our wish is to hold a live event where we can meet once again safely.

The ECLSO is committed to the health and safety of all during the Covid-19 pandemic and all necessary measures will be in place so that delegates have the best live experience and face to face learning. Looking forward to seeing you all in person to our ECLSO Congress in Paris next September.

**Looking forward to seeing you in Paris for the 49th ECLSO Congress!**

Thank you for your ongoing support for the ECLSO.



*Treasurer*  
Dr Ursula Vogt

### **III. Clinical Findings, Visual Performance and Ocular Symptoms Over 1 Year in a Sample of Scleral Lens Wearers**

**Rute J. Macedo-de-Araújo, PhD**

*Clinical and Experimental Optometry Research Lab (CEORLab), Center of Physics, University of Minho, Braga (Portugal)*

The emergence of modern scleral lenses has changed the contact lens practice and management of patients with corneal irregularities of different etiologies. Recently, long-term prospective studies have pointed out the

safety, optical quality, comfort enhancement and fitting characteristics over 1 year of scleral lens wear in a sample of 69 subjects...

→ [Read more](#)



#### IV. A contribution from our ECLSO Vice-President

2020 has been a challenging year for the entire world due to the spread of Covid 19 and the effect on international social restrictions and the effect of the pandemic on world health.

As healthcare systems over the world are at breaking point, with the subsequent effect on social liberties, travel and the international economy, medical societies are being forced to adapt to the “new normal”. Although a vaccine offers hope it will be some time before things slowly return to the norm, while some aspects of life will remain permanently changed.

What has proved to be a lifeline is the use of the internet, to communicate with each and also as a lifeline in combatting the loneliness of social isolation. From internet shopping to online webinars to zoom “parties” with



friends – it is clear that our lives have been irreparably changed, and in line with that, our daily working lives as ophthalmologists.

Within the UK, ophthalmic services are slowly returning to normal.

Patients now sit in socially distanced clinics sanitising their hands and wearing protective face coverings. They are assessed by eye doctors wearing Personal Protective Equipment (PPE) sitting behind slit lamp breath shields.

Other than that, our ophthalmic services are more or less returning to normal. We are now dealing with the backlog of patients who were unable to attend clinic and surgical appointments due to the international lockdown and confinement restrictions.

As we adapt to our new ways of working, it is important that we stay connected with our ophthalmic colleagues throughout Europe and the world – to share ideas and stay up to date with modern practice.

Where it has been impossible to run scientific congresses, we have adapted with hybrid meetings, Zoom platforms and webinars – and this looks likely to continue over the next 12 months.

**The UK branch of ECLSO – MCLOSA ([mclosa.org.uk](https://mclosa.org.uk)) – faces similar challenges.**

**We have been forced to re-schedule our annual scientific meeting and instead will run a webinar combined with our AGM on 10 December 2020.**

As Covid is influencing all of our lives, we have decided to make Covid the subject of our Ocular surface webinar. We will have talks on acute ocular surface presentations of disease during the Covid pandemic and on developing protocols for treating the ocular surface in the intensive care unit and other related topics. Details will be available soon on the [MCLOSA website](https://mclosa.org.uk).

While we strive to deal with what Covid has thrown at us, as a united Contact Lens Society, it is important now, more than ever, that we keep in touch professionally and socially and “Stay Strong” and “Stay Safe”.

Following the successful ECLSO symposium at the SOE meeting in Nice last year (picture below) – we had been looking forward to our scientific congress in Paris this year – which unfortunately had to be cancelled due to the pandemic. **We remain hopeful that things will progress throughout 2021 to permit us to host our ECLSO congress in Paris next year and to meet up with all our European friends and colleagues.**



*Vice-President*

Dr Andrena McElvanney

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