Swiss Academy of Ophthalmology
FOUNDATION

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Dear Colleagues,

We are getting closer to the highlight of this year’s spring: we'd like to share with you the development of a completely new kind of continuing medical education with relevance for practice, horizon widening with emotional intelligence, the pleasure of learning, and the enthusiasm for our wonderful profession.

If you have not yet registered, come join us in Lucerne in March! The first SAoO Congress will take place from 8 – 10 March 2017. Click here to see the agenda, click here to register.

This website will also frequently present some updates. Therefore it’s worthwhile taking a look at www.SAoO.ch now and then.

Dietmar Thumm
PRÄSIDENT

On behalf of the whole foundation council and the programme committee

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E-MAIL GROUPS

Today’s newsletter will again contain some information and/or input with relevance for practice.

In particular, we'd like to draw your attention to the following interesting subjects discussed in closed German-language e-mail forums (chat groups) for ophthalmologists:

- If you are interested in debating exciting cases of glaucoma, cataract, refractive surgery and anterior segment problems, please register as follows: e-mail to augenemailgroups@gmail.com quoting the keyword GLAUCATCORN.
- If you’d like to deal with neuro-ophthalmology, strabology and pediatric ophthalmology, please register by sending an e-mail to: augenemailgroups@gmail.com quoting the keyword NOSTRAPED. Orthoptists are also welcome to this group.
- If you would like to learn or read about cases of retinal problems or OCT, please proceed as follows: e-mail to augenemailgroups@gmail.com quoting the keyword RETINAOCT.
- If you have any questions regarding eyelids and orbits or just want to read about these topics, please send an e-mail to augenemailgroups@gmail.com quoting the keyword LIDERORBITA.

We’d like to apologize that our website www.saoo.ch has recently been inaccessible several times because of technical server problems.
Why UK Patients travel abroad to have a laser surgery – and why LASIK is a worldwide success after all

In the past few months some interesting articles were published about the subject of refractive care. A rewarding summary in the Ophthalmology Times of January 2017 presented various works and, in particular, a study performed by WhatClinic.com which observed, over the period of one year, that approximately 60% of all citizens of the United Kingdom went abroad to have their eyes lasered.

In this context, the search behaviour on the Internet was investigated, too. Still, many people browse for refractive laser processes; the relevant search activities abroad increased by 100% within one year, those inside England, however, only by 88%.

LASIK is still the most popular process worldwide, followed by LASEK and similar methods of keratomileusis. According to the above mentioned report, techniques without flaps are preferred especially by people doing contact sports.

Prices, too, were itemized and turned out to vary considerably. In the United Kingdom (UK), there are currently 862 clinics offering LASIK at an average price of 1,605 £. In Turkey, you get the same treatment for the equivalent of 823 £, 696 £ have to be paid in Spain, 594 £ in the Czech Republic, and only 319 £ in Poland.

It is not absolutely clear, though, if this is the main reason for UK Patients to go abroad for this treatment.

However, the reason why LASIK is even more popular than wearing contact lenses, was published in Ophthalmology (Pice M.O. et al, Ophthalmology.2016;123(8):1659-66). The three-year observational study has revealed some remarkable facts:

- In the contact lens group, satisfaction regarding the quality of vision decreased from 63% to 54%.
- 88% of the contact lens users and 77% of the spectacle wearers were extremely satisfied with eyesight even three years after the LASIK intervention.
- Patients who were 40 years or younger at the time of the LASIK surgery where most satisfied.
- Vision problems when driving at night-time occurred significantly less often in the LASIK group than in the contact lens group (and even among the spectacle wearers)!
- Former users of contact lenses did not report more problems with dry eyes, whereas spectacle wearers did.
- Particularly striking: eye infections, ulcers and other complications of the cornea occurred less frequently in the LASIK group than in the group of contact lens users!

LASIK has been practised since 1989. Obviously, the drop-out rate is considerably lower than among the contact lens users, who report that more than half of the lenses have become useless or at least less useful after a period of five years. All this is still true after considering critical LASIK reports (www.lasik-desaster.com).

One can only speculate about the reasons. Certainly, the development of the excimer laser and the keratomileusis method, especially by means of the flap, has been revolutionary. But it might also play a role that LASIK is carried out by physicians, while contact lenses are adjusted by optometrists or opticians. Have you considered this? Special lenses, however, are often adjusted in a common effort by the ophthalmologist and the optician. – The SAoO is no professional organisation; we have no political agenda and we do not campaign. Nevertheless, Wolfgang Cagnolati emphasised in his editorial of "Kontaktlinse" in December 2016 the importance of continuing and further education to raise contact lens care to a higher level than it is today.
Does myopia involve a higher risk of retinal detachment in case of cataract surgery?

**THIS DISCUSSION IS TAKEN FROM THE GLUCATCORN E-MAIL GROUP:**

Generally: no.

**THERE’S ALSO AN ARTICLE FROM THE JCRS AND TWO COMMENTS REGARDING PREOPERATIVE EXAMINATIONS:**

**DR. CHRISTOPH ORTNER (ATTERSEE)** My decision regarding a cataract surgery is generally based on the mydriasis, where the retina is checked, too. If the patient is free of symptoms and the period up to surgery is less than several months (>2), this is enough for me (just my personal attitude, and there’s never been an unpleasant surprise after the surgery).

After the cataract surgery I carry out routine follow-up examinations on the following day, after 5–7 days, and the final examination takes place after 6 weeks. The final check is always done in mydriasis!

Earlier examinations in mydriasis are performed only if there are “clear” symptoms. In the information sheet the risk of retinal detachment is added in handwriting to provide it with more emphasis. This is meant to confirm and consolidate the actual information, at least according to Austrian judicature.

**PROF. THOMAS NEUHANN** I fully agree with Mister Ortner on the point of pre- and postoperative procedures.

In terms of preoperative measures I additionally set great store by determining the status of the posterior hyaloid membrane: not yet detached, at least partially detached, essentially fully detached (Weiss Ring Floater). The same applies to the final postoperative examination after 4-6 weeks as well as later checks carried out in our house.

Refact Surg 2008; 34:1644–1657

**LINK OF THE MONTH**

- **What we currently know about nonarteritic optic neuropathy (NAION)**

  The Enigma of Nonarteritic Anterior Ischemic Optic Neuropathy
  An Update for the Comprehensive Ophthalmologist
  Eric D. Gaier; Nurhan Torun

  → Link
  Registration with Mescape required: easy & free
Five things ophthalmologists can do to be happier
(from the Ophthalmology Times/Ophthalmology Grande Financial Services)

1. Stop comparing your income with that of “other physicians” or with “what I actually wanted to achieve”. – An interesting study has revealed that many ophthalmologists say things like “If only I earned twice as much as I do, I’d be happy.” As a matter of fact, there are doctors that do earn twice as much, and they say just the same thing! – Main point: we do a great job and our income is not that bad.

2. Don’t try to retire too young. – Many of us plan to work until the age of 60 or less, to be able to enjoy our lives afterwards. But quite often it turns out that our job is much too satisfying to really let go of it! – Colleagues who chose “early retirement” often tell us that they are unhappy and ask themselves why they stopped working.

3. Stop complaining about stress and “huge investments”! – Of course, it’s always a good idea to have a business plan. Because it finally shows us that though we (have to) have a rather expensive equipment fleet, this fleet can usually be redeemed very well. So don’t panic! – This applies analogously to all investments in the private domain. Sometimes it is also a good idea to stop managing everything oneself but get some advice instead.

4. Allow yourself time for personal further education. – We are all very active and busy, which obviously leaves us little leisure time. But it’s not wrong to re-consider the emphasis we put on things now and again. And it’s not always a matter of “free” time, but also a matter of taking the time to find one’s balance, for example by getting some exercise, by relaxing, or by broadening one’s horizon. We are rational beings; our brain wants to be kept busy. But in various directions, if possible.

5. Pay more attention to health. – The above aspect already implies the essential factor that ensues. – Many ophthalmologists pay more attention to their vehicle fleets, for example, than to their bodies. – And now we’ve come full circle: You cannot buy health. No matter how much money you earn or accumulate, you’ll not be happy if you’re not healthy. So, take good care of yourself and your body!

May you all be successful, happy and – above all – healthy!

And we’d be glad to meet as many colleagues as possible between March 8 and 10 2017 in Lucerne.

We have taken the above issues to heart and created a perfect congress along these lines. Widening the horizon, enjoying our work, taking time for ourselves and our social relationships, learning successfully while taking care of our health and avoiding stress... and then also lots and lots of continuing education topics: this is our motto.
1. CONGRESS 8–10 März 2017
Messe Luzern

HOST COUNTRY Germany
INTRODUCING Adolphe Franceschetti
SPECIAL EVENT Journée romande

24 CONTINUING EDUCATION CREDITS

Swiss Academy of Ophthalmology