



# Annual Congress 2013

In Conjunction with

Midland Ophthalmological Society

Under the auspices of St. George's University of London  
Medical Programme at the University of Nicosia

## New Horizons in Ophthalmology

12-14 April 2013

Amathus Hotel, Limassol, Cyprus

Directorate of Education "Eyes & Vision"  
UCL Partners Academic Health Science Centre  
NIHR Biomedical Research Centre for Ophthalmology  
Moorfields Eye Hospital & UCL Institute of Ophthalmology

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Ποιότητα στη ζωή !

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Dear Colleagues,

On behalf of the organizing committee I would like to welcome you to our 5<sup>th</sup> annual congress.

The theme of this years' meeting aims to cover recent developments in various subspecialties and give an update across the whole spectrum of our field of medicine. Subspecialisation is becoming ever increasingly narrower and the pace of change can be difficult to keep up with. We hope to give participants this year an outline of new developments in the ophthalmic world.

Your continued support and participation is greatly appreciated. As always we will endeavor to make this both an educational and enjoyable weekend, where knowledge is shared and friendships forged.

Theodoros Potamitis

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#### Organizing committee

Mr Theodoros Potamitis, Vitreo-retinal Surgeon,  
Pantheo Eye Center, Limassol, Cyprus

Dr Katia Papastavrou, Glaucoma Consultant,  
Pantheo Eye Center, Limassol, Cyprus

Dr Elena Papaelisseou, Cataract and Refractive Surgeon,  
Pantheo Eye Center, Limassol, Cyprus

Professor Peter Shah, Professor of Glaucoma,  
Director of Education, UCL Partners - Moorfields Eye Hospital, UK

Ms Marie Tsaloumas, Medical Retina Consultant,  
University Hospital Birmingham,  
President of the Midland Ophthalmological Society, UK

#### Conference secretaries

Artemis Christophorou, Yianna Ioannou, Andria Georgiou

# LIST OF SPEAKERS

**AGGARWAL Rajesh:** Consultant Ophthalmologist, Cornea and Refractive Surgery, Southend Teaching Hospital, President of British Society of Refractive Surgery

**ARISTIDOU Antonis:** Consultant Ophthalmologist, Cornea and Refractive Surgery, Thessaloniki, Greece

**AMISSAH-ARTHUR Kwesi:** Specialist Registrar, Birmingham and Midland Eye Centre, Birmingham, UK

**ANTONIOU Yianna:** Vitreoretinal Fellow, Manchester Royal Eye Hospital, Manchester, UK

**CHIANG Mark:** Senior Fellow in Glaucoma and Education, Moorfields Eye Hospital NHS Foundation Trust - UCL Partners, Academic Health Science Centre, London, UK

**CHRISTOPHOROU Antonis:** Consultant Ophthalmologist, Paediatric Ophthalmology, Pantheo Eye Center, Cyprus

**CONSTANTINOU Katerina:** Medical Student, Imperial College London, UK

**DOWNES Susan:** Consultant Ophthalmic Surgeon, Medical Retina, Oxford Eye Hospital, Oxford, UK

**DROULIAS Kostas:** Trauma and Orthopaedic Surgeon, Birmingham, UK

**DURRANI Omar:** Consultant Ophthalmologist, Oculoplastics and Orbits, University Hospital Birmingham, UK

**EL SALLOUKH Adonis:** Medical student, St George's University of London at University of Nicosia, Cyprus

**FIELDER Alistair:** Professor Emeritus of Ophthalmology, Department of Optometry & Visual Science, City University, London, UK

**KAMBANAROU Matina:** Consultant Ophthalmologist, Medical Retina, Hellenic Red Cross Hospital, Athens, Greece

**KOLLI Sai:** Consultant Ophthalmologist, Cornea and Refractive Surgery, University Hospitals Birmingham, UK

**KYPRIANOU Ioannis:** Consultant Ophthalmologist, Oculoplastics and Orbits, Cyprus

**LIASIS Alkis:** Consultant Electrophysiologist, Co Director of Electrophysiology unit, Great Ormond Street Hospital, London, UK

**MARVIN Chrisostomos:** Student at Cyprus University of Technology, Cyprus

**MICHAELOUDES Maria:** Orthoptist, Pantheo Eye Center, Cyprus

# LIST OF SPEAKERS

**MOLLAN Susan:** Consultant Ophthalmologist, Neuro Ophthalmologist, University Hospitals Birmingham, UK

**NESSIM Maged:** Consultant Ophthalmologist, Glaucoma, Birmingham & Midland Eye Centre, Birmingham, UK

**PAPAS George:** Ophthalmologist, Venizeleio Hospital of Crete, President of Ophthalmologist Association of Crete, Greece

**PAPASTAVROU Katia:** Consultant Ophthalmologist, Glaucoma, Pantheo Eye Center, Senior Lecturer, St George's University of London Medical School at University of Nicosia, Cyprus

**PARULEKAR Manoj:** Consultant Ophthalmologist, Paediatric Ophthalmology Birmingham Children's Hospital, Birmingham, UK

**PHILIPPOPOULOS Theodoros:** Consultant Ophthalmologist, Glaucoma, Athens Vision Eye Institute, Athens, Greece

**POTAMITIS Theodoros:** Consultant Ophthalmologist, Vitreoretinal Surgeon, Pantheo Eye Center, Senior Lecturer, St George's University of London Medical School at University of Nicosia, Cyprus

**SHARMA Tarun:** Consultant Ophthalmic Surgeon, Glaucoma, Worcestershire Royal Hospital, Worcester, UK

**SHAH Peter:** Professor of Glaucoma, Director of Education, Theme of Eyes and Vision at UCL Partners - Moorfields Eye Hospital, University Hospitals Birmingham, UK

**SII Freda:** Senior Educational Fellow, NIHR Biomedical Research Center, Moorfields Eye Hospital and UCL Institute of Ophthalmology, London, UK

**SOPHOCLEOUS Amalia:** Orthoptist, Pantheo Eye Center, Cyprus

**THEOCHARIDOU Maria:** Optometrist - Orthoptist, Nicosia, Cyprus

**TSALOUMAS Marie:** Consultant Ophthalmologist, Medical Retina, University Hospitals Birmingham, President of the Midland Ophthalmological Society, Birmingham, UK

**TSIERKEZOU Loukiana:** Medical Retina Fellow, Uveitis, Western Eye Hospital, Imperial College Healthcare, London, UK

**PALMER Helen:** Consultant Ophthalmologist, Medical Retina, University Hospitals Birmingham, Birmingham, UK

**XIROU Tina:** Consultant Ophthalmologist, Vitreoretinal Surgeon, Red Cross Hospital, Athens, Greece

**ZAVRIDES Harris:** Consultant Plastic Surgeon, Nicosia, Cyprus



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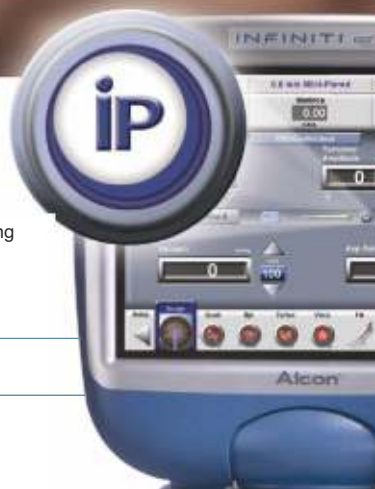
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## **Friday 12th April**

**19:00**

### **Industry presentation and Welcome reception at Pantheo Eye Center**

Innovations in Ophthalmology by ALCON  
Manolis Tripodianos, ALCON

Evidence-based improvements in quality of life of patients treated  
with Lucentis  
Christina Therapontos, NOVARTIS

## **Saturday 13th April**

**8:30**

### **Welcoming address**

Mr Theodoros Potamitis, Consultant Ophthalmologist,  
Director, Vitreo-retinal Department, Pantheo Eye Center

Dr Andreas Charalambous, Executive Dean,  
St George's University of London Medical School at the University of  
Nicosia

Dr Theodosios Kontos, Consultant Ophthalmologist,  
President of the Cyprus Ophthalmological Society

Ms Marie Tsaloumas, Consultant Ophthalmologist,  
President of the Midland Ophthalmological Society, UK



**9.00-10.30**

**Paediatric Ophthalmology - Neuro - Ophthalmology**

Anti-VEGF agents in the treatment of ROP

Prof Alistair Fielder, London, UK

Infantile haemangiomas

Mr Manoj Parulekar, Birmingham, UK

Electrophysiological findings in patients with Bardet-Biedl Syndrome

Dr Alkis Liasis, London, UK

Paediatric retinal detachments

Mr Kwesi Amissah - Arthur, Birmingham, UK

Update on Horner syndrome

Ms Susan Mollan, Birmingham, UK

Discussion

**10:30-11:00**

**Coffee break**

**11:00-13:00**

**Anterior Segment and Glaucoma**

All-femto ReLex - Laser vision correction beyond Lasik

Dr Antonis Aristidou, Thessaloniki, Greece

Update on corneal grafts

Mr Rajesh Agarwal , London, UK

Laser cataract surgery

Mr Sai Kolli, Birmingham, UK

New developments in Intraocular Lens technologies

Mr Rajesh Agarwal , London, UK

Tonometry/Corneal hysteresis update

Dr Mark Chiang, London, UK

The role of phacoemulsification in the treatment of open angle glaucoma

Dr Theodoros Philippopoulos, Athens, Greece

Discussion

**13:00-14:00**

**Lunch**



**14:00-15:30    Glaucoma**

Engaging patients: Glaucoma Passports and P.O.E.M.s  
Prof Peter Shah, Birmingham, UK

Glaucoma! Still under pressure?  
Mr Maged Nessim, Birmingham, UK

Glaucoma progression analysis on Cirrus OCT - does it change our management?  
Dr Katia Papastavrou, Cyprus

Bleb needling: how to ensure success  
Mr Tarun Sharma, Worcester, UK

Learning i-stent microtrabecular bypass surgery-clinical pearls  
Dr Freda Sii, Birmingham, UK

Discussion

**15:30-16:00    Coffee break**

**16:00-17:00    Ocular Surface and Oculoplastics**

Ocular surface disease  
Mr Shabbir Mohamed, Birmingham, UK

Modern management of the watering eye  
Mr Omar Durrani, Birmingham, UK

Periocular malignancies: new perspectives  
Mr Ioannis Kyprianou, Cyprus

Endoscopic brow lift in rejuvenating the upper third of the face  
Dr Harris Zavrides, Cyprus

Discussion



# THE WORLD IS BEAUTIFUL > TO LOOK AT



Approved in:

AMD

Neovascular (wet) AMD

DME

Visual impairment due to diabetic macular edema (DME)

RVO

Visual impairment due to macular edema secondary to branch retinal vein occlusion (BRVO) or central retinal vein occlusion (CRVO)

  
**LUCENTIS**<sup>®</sup>  
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**LUCENTIS<sup>®</sup> Note:** Before prescribing, consult full prescribing information. **Presentation:** Ranibizumab. Each vial contains 2.5 mg of ranibizumab in 0.25 mL solution. **Indications:** Treatment of neovascular (wet) age-related macular degeneration (AMD). Treatment of visual impairment due to diabetic macular edema (DME). Treatment of visual impairment due to macular edema secondary to retinal vein occlusion (branch RVO or central RVO). **Dosage:** The recommended dose is 0.5 mg (0.05 mL) given as a single intravitreal injection. The interval between two doses should not be shorter than 1 month. AMD, DME RVO: Patients should be monitored monthly for visual acuity. Treatment is given monthly and continued until maximum visual acuity is achieved, confirmed by stable visual acuity for three consecutive monthly assessments performed while on Lucentis<sup>®</sup> treatment. Treatment is resumed with monthly injections when most olog indicates a loss of visual acuity due to wet AMD, DME or macular edema secondary to RVO and continued until stable visual acuity is reached again for three consecutive monthly assessments. Lucentis and laser photocoagulation in DME or in branch RVO Lucentis has been used concomitantly with laser photocoagulation in clinical studies. When given on the same day, Lucentis should be administered at least 30 minutes after laser photocoagulation. Lucentis can be administered in patients who have received previous laser photocoagulation. Monitoring recommended for one year following initiation of treatment: monthly for the first 3 months and a minimum of quarterly thereafter. Lucentis must be administered by a qualified ophthalmologist using aseptic techniques. Broad-spectrum topical antibiotic and anesthetic should be administered prior to the injection. The patient should be instructed to self-administer antimicrobial drops four times daily for 3 days before and after each injection. Not recommended in children and adolescents. **Contraindications:** Hypersensitivity to ranibizumab or to any of the excipients, patients with active or suspected ocular or periorbital infections, patients with active intravitreal inflammation. **Warnings/Precautions:** Intravitreal injections have been associated with endophthalmitis, intravitreal inflammation, foreign body sensation, retinal detachment, RVO, central and/or peripheral RVO, and/or retinal tear. Therefore proper aseptic injection techniques must be used. Patients should be monitored during the week following the injection to prevent early treatment of an infection occur. Transient increases in intraocular pressure (IOP) have been seen within 60 minutes of injection of Lucentis. Sustained IOP increases have also been reported. Intraocular pressure and the perfusion of the optic nerve head must be monitored and managed appropriately. There is a potential risk of arterial thromboembolic events following intravitreal use of VEGF inhibitors. A numerically higher stroke rate was observed in patients treated with ranibizumab 0.5 mg compared to ranibizumab 0.3 mg or control, however, the differences were not statistically significant. Patients with known risk factors for stroke, including history of prior stroke or transient ischemic attack should be carefully evaluated by their physicians as to whether Lucentis treatment is appropriate and the benefit outweighs the potential risk. As with all therapeutic proteins, there is a potential for immunogenicity with Lucentis. Lucentis has not been studied in patients with active systemic infections or in patients with concurrent eye conditions such as retinal detachment or macular hole. There is limited experience with treatment of patients with prior episodes of RVO and of patients with ischemic branch RVO (BRVO) and central RVO (CRVO). In patients with RVO presenting with clinical signs of irreversible ischemic visual function loss, treatment is not recommended. Should not be used during pregnancy unless the expected benefit outweighs the potential risk to the fetus. For women who wish to become pregnant and have been treated with ranibizumab, it is recommended to wait at least 3 months after the last dose of ranibizumab before conceiving a child; use of effective contraception recommended for women of child-bearing potential; breast-feeding not recommended. Following treatment patients may develop transient visual disturbances that may interfere with their ability to drive or use machines. Patients should not drive or use machines as long as they experience these symptoms persist. Interactions: No formal interaction studies have been performed. **Adverse reactions:** Very common adverse reactions are: intraocular inflammation, vitritis, vitreous detachment, retinal hemorrhage, visual disturbance, eye pain, vitreous floaters, conjunctival hemorrhage, eye irritation, foreign body sensation in eyes, lacrimation increased, blepharitis, dry eye, ocular hyperemia, eye pruritus, intraocular pressure increased, nasopharyngitis, headache, arthralgia. Common adverse reactions are: retinal degeneration, retinal disorder, retinal detachment, retinal tear, detachment of the retinal pigment epithelium, retinal pigment epithelium tear, visual acuity reduced, vitreous hemorrhage, vitreous disorder, uveitis, iritis, iridocyclitis, cataract, cataract subcapsular, posterior capsule opacification, punctate keratitis, corneal abrasion, anterior chamber flare, vision blurred, injection site hemorrhage, eye hemorrhage, conjunctivitis, conjunctivitis allergic, eye discharge, photophobia, photophobia, ocular discomfort, eyelid edema, eyelid pain, conjunctival hyperemia, stroke, influenza, urinary tract infection\*, anemia, anxiety, cough, nausea, allergic reactions: rash, pruritus, urticaria, erythema. Uncommon adverse reactions are: blindness, endophthalmitis, hypopyon, hyphema, keratoconus, in addition, corneal deposits, corneal edema, corneal ulcer, injection site pain, injection site irritation, abnormal sensation in eye, eyelid irritation. Serious adverse events related to intravitreal injections included endophthalmitis, therapeutic retinal detachment, retinal tear and traumatic traumatic cataract. **Packs and prices:** 10mg/mL solution for injection, vial X 0.3 mL 1278.22 (VAT included).

\* observed only in the DME population

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1. Blazo S, et al. Comparative Study of the Standard 25-gauge Vitrectomy System vs the New Ultra-high-speed Vitrectomy System. Retina Today, September Issue, 2010; 2. Data on File, Alcon Research 954-2000-003.  
3. Nagai M, Wirtkar S, Nagai K. Comparison of clinical outcomes and wound dynamics of sclerotomy ports of 20, 25, and 23 gauge vitrectomy. Retina, 2009;29(2):225-231. 4. Dr J Zacharow, ASCRS 2010 Film Festival, Best Video of Category, JCRS (To be submitted)\* 5. Alcon data on file 954-2000-004.  
AlconRetina.com

**9.00-10.30**

**Medical Retina**

Retinovascular disease. What's new, what works  
Ms Marie Tsaloumas, Birmingham, UK

Update on age related macular degeneration  
Ms Susan Downes, Oxford, UK

New imaging modalities for retinal diseases  
Dr Matina Kambanarou, Athens, Greece

Stargardt and pattern dystrophy  
Ms Susan Downes, Oxford, UK

A new aflibercept (Eylea) drug for AMD and retinal vascular disease  
Mr George Papas, Greece

Discussion

**10.30-11.00**

**Coffee break**

**11.00-13.00**

**Surgical retina and Uveitis**

Ophthalmic conditions in the immunosuppressed  
Ms Helen Palmer, Birmingham, UK

Inflammation of the eye and beyond  
Dr Loukiana Tsierkezou, London, UK

Macular hole surgery and minimal patients' discomfort  
Dr Tina Xirou, Athens, Greece

Coats disease management  
Dr Yianna Antoniou, Manchester, UK

Ever decreasing vitrectomy gauge: advantage or gimmick?  
Mr Theodoros Potamitis, Cyprus

Placebo effect  
Mr Kostas Droulias, Birmingham, UK

Discussion

**13.00-14.00 Lunch**

**14.00-15.30 Rapid fire presentations**

Our experience with Plus Optics handheld refractometer in children  
Dr Antonis Christophorou, Cyprus

Diabetic retinopathy: A clinical update  
Adonis Elsalloukh, Cyprus

Orthokeratology  
Constantinos Kallias, Cyprus

Gene correction therapy in ophthalmology  
Katerina Constantinou, London

Liquid crystal glasses for amblyopia treatment  
Maria Michaeloudes, Cyprus

New horizons in low vision rehabilitation  
Maria Theocharidou, Cyprus

Meares-Irlen syndrome. Colour overlays and colorimetry  
Amalia Sophocleous, Cyprus

New horizons in Ophthalmology in Uganda  
Chrisostomos Marvin, Cyprus

Discussion

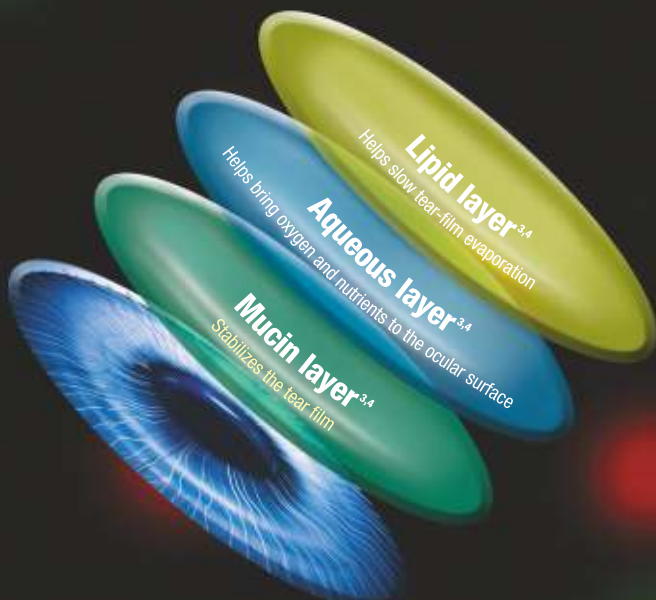
**15:30 Meeting closes**



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**Medical School**

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