Reduced Corneal Nerve Fiber Density in Type 2 Diabetes by Wide-Area Mosaic Analysis

Neil S. Lagali,1 Stephan Allgeier,2 Pedro Guimarães,3 Reza A. Badian,4,6 Alfredo Ruggeri,3 Bernd Köhler,2 Tor Paaske Utheim,4,5 Beatrice Peebo,1 Magnus Peterson,7 Lars B. Dahlin,8 and Olov Rolandsson9

1Department of Ophthalmology, Institute for Clinical and Experimental Medicine, Linköping University, Linköping, Sweden
2Institute for Applied Computer Science, Karlsruhe Institute of Technology, Karlsruhe, Germany
3Department of Information Engineering, University of Padova, Padova, Italy
4Faculty of Health Sciences, University College of Southeast Norway, Kongsberg, Norway
5Department of Medical Biochemistry, Oslo University Hospital, Oslo, Norway
6Department of Ophthalmology, Stavanger University Hospital, Stavanger/Clinical Institute 1, Faculty of Medicine, University of Bergen, Bergen, Norway
7Department of Public Health and Caring Sciences, Section of Family Medicine and Preventive Medicine, Uppsala University, Uppsala, Sweden
8Department of Translational Medicine-Hand Surgery, Lund University, Skåne University Hospital, Malmö, Sweden
9Department of Public Health and Clinical Medicine, Section of Family Medicine, Umeå University, Umeå, Sweden

Correspondence: Neil S. Lagali, Department of Ophthalmology, Institute for Clinical and Experimental Medicine, Faculty of Health Sciences, Linköping University, 58183 Linköping, Sweden; neil.lagali@liu.se.

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PURPOSE. To determine if corneal subbasal nerve plexus (SBP) parameters derived from wide-area depth-corrected mosaic images are associated with type 2 diabetes.

METHODS. One hundred sixty-three mosaics were produced from eyes of 82 subjects by laser-scanning in vivo confocal microscopy (IVCM). Subjects were of the same age, without (43 subjects) or with type 2 diabetes (39 subjects). Mosaic corneal nerve fiber length density (mCNFL) and apical whorl corneal nerve fiber length density (wCNFL) were quantified and related to the presence and duration of diabetes (short duration < 10 years and long duration ≥ 10 years).

RESULTS. In mosaics with a mean size of 6 mm² in subjects aged 69.1 ± 1.2 years, mCNFL in type 2 diabetes was reduced relative to nondiabetic subjects (13.1 ± 4.2 vs. 15.0 ± 3.2 mm²/mm², P = 0.018). Also reduced relative to nondiabetic subjects was mCNFL in both short-duration (14.0 ± 4.0 mm²/mm², 3.2 ± 3.9 years since diagnosis) and long-duration diabetes (12.7 ± 4.2 mm²/mm², 15.4 ± 4.2 years since diagnosis; ANOVA P = 0.023). Lower mCNFL was associated with presence of diabetes (P = 0.032) and increased hemoglobin A1c (HbA1c) levels (P = 0.047). By contrast, wCNFL was unaffected by diabetes or HbA1c (P > 0.05). Global SBP patterns revealed marked degeneration of secondary nerve fiber branches outside the whorl region in long-duration diabetes.

CONCLUSIONS. Wide-area mosaic images provide reference values for mCNFL and wCNFL and reveal a progressive degeneration of the SBP with increasing duration of type 2 diabetes.

Keywords: confocal microscopy, corneal nerves, subbasal nerve, diabetes mellitus

Recall the fact that the nerve fibers of the corneal subbasal nerve plexus (SBP) are axons of the peripheral nervous system has led to an increased effort in imaging, quantifying, and relating corneal nerves to the status of individuals with diabetes suffering from (or at risk of developing) diabetic peripheral neuropathy1-5 or diabetic retinopathy.6-9 Reduced corneal subbasal nerve fiber length density (CNFL) has been reported in healthy controls with type 1 and type 2 diabetes relative to healthy control subjects,1,6,10-19 but reported values are based on small areas of the SBP (typically 0.16 mm² in size) sampled using a small number of raw in vivo confocal microscopy (IVCM) images. Prior studies also typically include subjects widely varying in age, although age is known to impact the SBP17,20 Moreover, an image sampling-based strategy is sensitive to selection criteria, the disease state of the SBP, and observer experience/masking. As a result, nerve fiber length density values in various cohorts differ across studies, and it has been noted in systematic reviews that better standardization of methods is required for clinical adoption of IVCM to assess pathologic levels of nerve length density.21,22

Although wider depictions of the SBP could reduce the variability inherent in image sampling, most clinical studies report results based on sampling of nerve data from small areas of the SBP. Notable exceptions are a study in a cohort of subjects with newly diagnosed type 2 diabetes, where mosaic images representing a mean of three or four IVCM fields of view were used,4 and a study in healthy subjects and multiple sclerosis patients with mosaics having a mean of 7.7 fields of view.23 In recent studies of contact lens wear, mosaics consisting of six fields of view were used.24,25 In a single earlier study,1 depth correction for SBP variation in the axial plane was performed whereas in other studies it is not
performed. “Depth correction” here refers to the projection of subbasal nerve paths from a volume of imaged tissue onto a single plane for further analysis. This correction could be important because single IVCM images may not optimally capture the correct plane of the subbasal plexus in a repeatable manner, and the nerves and plexus themselves may not exist in a single plane but may deviate in depth at a microscopic level. Wide-area mosaics larger in size have been used to demonstrate the potential of wide-field imaging of the SBP, but the mosaicking technique used was not fully automated and was applied in only two subjects.

Recently we developed a method capable of rapid reconstruction of wide-area mosaics with depth correction of nerve fiber paths that resulted in SBP depiction with a mean size of 37 IVCM fields of view (Lagali NS, et al., manuscript submitted, 2017). In this study, the same mosaics obtained in a clinical setting are analyzed with respect to characteristics of the clinical cohort. The cohort consisted of a strict age-controlled group of healthy subjects and individuals with impaired glucose tolerance, short-, or long-duration type 2 diabetes mellitus. The relationship of new mosaic-based nerve parameters mCNFL (corneal subbasal nerve fiber length density across the entire depth-corrected mosaic area) and wCNFL (corneal subbasal nerve fiber length density in a defined circular whorl region within the depth-corrected mosaic) with the presence and duration of diabetes was investigated. Besides these quantitative parameters, mosaics also enable qualitative assessment of the SBP to examine possible effects of diabetes in altering the pattern and distribution of subbasal nerve fibers.

METHODS

Study Population and Recruitment

Study participants were initially recruited in 2004 as part of the Västerbotten Intervention Programme, a large population-based study in a northern Swedish county. As part of that study, a group was recruited consisting of 129 age- and sex-matched subjects aged 60 ± 1 years (age of 60 years was an inclusion criterion) with normal glucose tolerance (NGT), impaired glucose tolerance (IGT), and type 2 diabetes. Exclusion criteria included subjects with nutritional deficiencies, asymmetric neuropathy (from sciatica or stroke), or an inability to appear at the initial examination. Patients satisfying enrolment criteria were included consecutively. Full details of the initial cohort are given elsewhere.28

For the present study, subjects from the initial cohort were included in a 10-year follow-up examination in 2014, for which an additional ophthalmic examination was conducted at the Eye Clinic of the Skellefteå Hospital, Sweden. Ophthalmic examination and patient records were used to exclude the presence of corneal disorders, dry eye disease, or specific topical medications that could affect the corneal nerves. For subjects with unconfirmed diabetes, the status in 2014 was assessed based on two oral glucose tolerance tests taken 1 week apart, with pathologic values required on both occasions for confirmation of diabetes. The tests included fasting capillary plasma glucose (fPG) and 2-hour capillary plasma glucose (2hPG) levels. Glucose tolerance results were interpreted according to 1999 World Health Organization definitions (NGT: fPG < 7.0 mM and 2hPG < 8.9 mM; IGT: fPG < 7.0 mM and 2hPG ≥ 8.9 to < 12.2 mM). For subjects with confirmed type 2 diabetes from 2004, hemoglobin A1c (HbA1c) levels in 2014 taken at the Umeå University Hospital were used to confirm continued diabetes status. Blood levels of HbA1c (mmol/mol) were measured for all subjects in the cohort, along with body mass index (BMI) (kg/m²) and smoking status (nonsmoker or history of smoking). All subjects gave written informed consent to participate, and the protocol was approved by the ethical review board of the University of Umeå, Umeå, Sweden (Ethical Application no. 2013-21-31M). The conduct of the study adhered to the tenets of the Declaration of Helsinki. A flowchart depicting inclusion of subjects from the original 2004 study and the present study is given in Figure 1.

Confocal Microscopy and Mosaic Image Generation and Analysis

Bilateral corneal examination of study subjects was conducted during a 5-day period in January 2014 using IVCM to image the SBP (Heidelberg Retinal Tomograph 3 with Rostock Cornea Module, Heidelberg Engineering, Heidelberg, Germany). Examinations were performed by a single experienced examiner using an adaptive method of image acquisition (Lagali NS, et al., manuscript submitted, 2017). Briefly, the method involved manual raster scanning of the corneal subbasal layer with simultaneous depth scanning at each new image position (assisted by a joystick depth-control module), to create small-depth stacks of subbasal plexus images typically comprising three to five axial images at a given position. An average of 37 such positions (IVCM fields of view) per eye were scanned in this manner, representing a mean mosaic area of 6 mm². Raw image sets obtained by IVCM examination underwent processing by automated methods to produce depth-corrected wide-area mosaics with continuous nerve fiber paths and nerve and background intensity levels, as previously reported. Also, nerves in mosaics were traced both manually and by a fully automated method29 to quantify the total mosaic nerve fiber...
length density (mCNFL) and nerve fiber length density in the interceral whorl region (wCNFL). The total length of all traced nerves in a mosaic was divided by the mosaic area containing subbasal plexus in \( \text{mm}^2 \), yielding the mCNFL. Subbasal nerve fiber length density (mCNFL) in \( \text{mm}^2 \). The for the whorl region, an expert identified the center position (origin) of the whorl region in each mosaic. Total subbasal nerve length within this region was computed and divided by the area of the circle to yield the mCNFL. For both scenarios and 1 to 20 selected fields, mean CNFL was computed and divided by the area of the circle to yield the mean CNFL. The minimum detectable difference in CNFL would be 2.5 mm/\( \text{mm}^2 \)) for 80% statistical power at the 0.05 significance level. A minimum detectable difference of 2 mm/\( \text{mm}^2 \) would yield a minimum detectable difference of 2 mm/\( \text{mm}^2 \).

### Statistical Analysis

The cohort was stratified in two ways for the analysis, diabetes versus nondiabetes, and by duration of diabetes (NGT, IGT, short- and long-duration diabetes). Mosaic CNFL, wCNFL, and BMI in individuals with and without diabetes were compared with the independent \( t \)-test, while age and HbA1c were nonnormally distributed and tested with the Mann-Whitney rank sum test. Sex and smoking status were compared with the \( \chi^2 \) test. Due to insufficient IGT group size to achieve statistical power of 0.80, comparisons with diabetes duration were limited to three groups (NGT, short-duration, and long-duration diabetes). Groups of NGT and short- and long-duration diabetes were assessed with 1-way ANOVA (where data was normally distributed) to compare differences in mCNFL, wCNFL, age, BMI, and HbA1c, with post hoc testing by the Tukey method. For nonnormally distributed data, the Kruskal-Wallis 1-way ANOVA on ranks \( P < 0.001 \); post hoc tests with Dunn's method \( P < 0.05 \).

### Results

#### Subject Characteristics and Examinations

A total of 164 eyes from 82 subjects were examined (Fig. 1). All eye examinations were completed during a 5-day period in an
Mosaic CNFL was reduced in type 2 diabetes patients (t-test, \( P = 0.018 \)) relative to those of the same age without type 2 diabetes. Mosaic CNFL was also reduced in subjects with long-duration diabetes (\( \geq 10 \) years) relative to equal-aged subjects with NGT (ANOVA, \( P = 0.030 \), Tukey post hoc test, \( P = 0.023 \); Fig. 2A). The trend and significance of difference between NGT and groups \( \geq 10 \) years persisted where data from only right eyes (ANOVA \( P = 0.020 \); Tukey post hoc test \( P = 0.015 \)) or only left eyes (ANOVA \( P = 0.023 \); Tukey post hoc test \( P = 0.017 \)) were used. When the additional group of subjects with IGT was included, the general trend of reduced mCNFL was detected even in this group (Fig. 2B), but the group size was too small for the corresponding mCNFL difference in order to test for significance with adequate statistical power.

Whorl CNFL in an 800-\( \mu \)m-diameter region around the whorl center was greater than the corresponding mCNFL value in each subject group (Table); however, unlike mCNFL, wCNFL did not differ between subjects with and without diabetes (t-test, \( P = 0.64 \)), nor did it change with duration of diabetes (ANOVA \( P = 0.11 \); Table, Fig. 2C).

In a linear regression model, mCNFL was inversely associated with having type 2 diabetes (\( \beta = -0.24, P = 0.032 \), coefficient \(-1.803\), constant \(15.004\)). Since having a type 2 diabetes diagnosis is associated with high HbA1c, mCNFL was, as expected, also inversely associated with high HbA1c (\( \beta = -0.22, P = 0.047\), coefficient \(-0.072\), constant \(17.428\)). By contrast, by linear regression analysis wCNFL was not associated with the diagnosis of type 2 diabetes (\( P = 0.14 \)) or with the level of HbA1c (\( P = 0.952 \)).

### Comparison of Standard CNFL Versus Depth-Corrected mCNFL in a Diabetes Population

The potential for error in CNFL estimation by sampling multiple single IVCM images or using raw non–depth-corrected IVCM images was investigated (Fig. 3). Sampling of multiple single IVCM images without wide-field reconstruction or depth correction led to potentially large errors in CNFL, regardless of the presence of diabetes. For scenario 1, on average, a 10% overestimation of mCNFL occurs when sampling depth-corrected IVCM images for analysis, while the potential error range is larger and increases with decreasing number of sampled images. For scenario 2, on average, a 30% underestimation of mCNFL occurs in the more common case of sampling of raw non–depth-corrected single IVCM images to determine CNFL, with the potential error range again dependent upon the actual number and location of sampled images.

### Degradation of the SBP in Long-Duration Diabetes

In addition to providing quantitative measures, mosaic images revealed patterns of nerve distribution within the SBP. Comparison of mosaics from newly diagnosed subjects (diabetes diagnosed less than 1 year prior to IVCM examination) with long-term diabetes subjects (diagnosed over 20 years prior to examination) indicated a dramatic degeneration of the SBP (Fig. 4). Further qualitative comparison of mosaics from subjects with NGT and same-aged subjects with long-term diabetes indicated that within a standardized region of interest of the SBP chosen for its central proximity and as a distinguishable region with primarily vertically running nerve fibers (Fig. 5), long primary nerve fibers with prominent reflectivity were reduced in number in long-duration diabetes, while additionally many short secondary interconnecting nerve branches, normally dispersed among the main fibers, were

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**Corneal Nerve Degeneration in Type 2 Diabetes**

Approximately half (\( n = 39 \)) of the study cohort of 82 subjects had a diagnosis of type 2 diabetes at the time of examination, based on the oral glucose tolerance test, while the remaining subjects (\( n = 43 \)) did not have diabetes (having either NGT or IGT; Table). Mosaic CNFL was reduced in type 2 diabetes patients (t-test, \( P = 0.018 \)) relative to those of the same age without type 2 diabetes. Mosaic CNFL was also reduced in subjects with long-duration diabetes (\( \geq 10 \) years) relative to equal-aged subjects with NGT (ANOVA, \( P = 0.030 \), Tukey post hoc test, \( P = 0.023 \); Fig. 2A). The trend and significance of difference between NGT and groups \( \geq 10 \) years persisted where data from only right eyes (ANOVA \( P = 0.020 \); Tukey post hoc test \( P = 0.015 \)) or only left eyes (ANOVA \( P = 0.023 \); Tukey post hoc test \( P = 0.017 \)) were used. When the additional group of subjects with IGT was included, the general trend of reduced mCNFL was detected even in this group (Fig. 2B), but the group size was too small for the corresponding mCNFL difference in order to test for significance with adequate statistical power.

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The short interconnecting branches in many cases lacked clear termination points at the longer nerve fibers.

**DISCUSSION**

In the present cohort it was found that a lower value of the new parameter mCNFL was associated with having type 2 diabetes and that HbA1c was the mediator of this association. Whorl CNFL, however, did not show reduction with type 2 diabetes, nor was wCNFL associated with the level of HbA1c. The time elapsed after diagnosis of diabetes, however, was associated with the progressive degradation of the corneal SBP as measured by mCNFL. To our knowledge this is the first study using wide-area mosaics in a large clinical cohort, representing an area of the SBP 5 to 10 times the area analyzed in prior cohort studies. In subjects aged 69 years in the present study, mCNFL declined by 1.9 mm/mm$^2$ in the diabetes group relative to those without diabetes, while the decline was 2.4 mm/mm$^2$ in long-duration diabetes relative to subjects with NGT. The result was robust, with a significant decline in mCNFL detected regardless of the examined eye (right, left, or both). The reduction in mCNFL of approximately 15% was, however, modest, and is notably outside the range of CNFL reduction reported in diabetes subjects relative to nondiabetes subjects in earlier studies, which all showed greater reduction in CNFL (reduction range of 3.62–6.55 mm/mm$^2$). It has been pointed out in a systematic analysis, however, that these prior studies exhibited a substantial degree of heterogeneity of methods and results. Additionally, in prior studies, subjects were not fixed in age, nor were wide-area mosaic images or depth correction techniques used. On the other hand, mCNFL reduction by 0.5 mm/mm$^2$ in an early stage of IGT relative to...
NGT in this study is in line with a prior report describing a modest decline of CNFL in IGT versus NGT, although in the same study (not analyzing mosaics) baseline CNFL curiously increased in NGT subjects over a period of 3 years. Interestingly, the whorl density wCNFL did not vary with presence or duration of diabetes or HbA1c, but was largely preserved. In three recent studies that did not employ wide-field mosaicking or depth correction techniques, reduced CNFL in the whorl region was reported in diabetes—a finding that could not be confirmed in our cohort. In another study, mosaic images indicated a decline in whorl density in diabetes, although the study was limited to only two subjects. We attribute these discrepancies, at least in part, to differences in mosaicking, defining and analyzing the whorl area, and use of depth correction methods. As shown in the analysis of sampling with and without depth correction (Fig. 3), large errors can result from human sampling of raw IVCM images for analysis.

In the present study the visual appearance of the whorl region in mosaic images also indicated preservation of the whorl, with nerve loss appearing to occur mainly outside the whorl, through loss of short, thin nerve branch segments. The whorl region may be more resistant to degeneration than more peripheral corneal regions as it consists of primary nerve fibers.
arranged in a dense spiraling pattern with fewer interconnecting secondary branches, the latter possibly being more prone to degeneration. While nerve branch density (NBD) measured as the number of nerve branches per mm\(^2\) is an IVCM parameter that has been shown to be reduced in diabetes in several studies,\(^{4,6,8,15,34,35}\) the level of reduction is highly variable,\(^{21}\) and NBD reflects only the number of branching points and not the actual length of the secondary branches. Secondary nerve branch length outside the apical region may therefore be an interesting parameter to concisely define and quantify in future studies, provided that a method is used to reliably image as many such branches as possible. In practice, the thin secondary nerve branches are very sensitive to the image acquisition settings, and multiple, highly reflecting nerves with good contrast and high-quality IVCM image data, automated approaches for identifying and quantifying secondary nerve branches could be employed, for example, using sophisticated algorithms as recently proposed.\(^{37}\) Although the whorl position itself may not be consistent across eyes, the suggested approach for systematic analysis of the SBP referenced to the whorl location represents a step toward standardization. The whorl is an anatomic feature marking the corneal apical region. Such landmark structures in the SBP are not currently used to guide quantitative analysis of SBP parameters; images are chosen based on subjective criteria and without specific reference to SBP location.

Error analysis indicated that the potential for over- or underestimation of CNFL relative to mCNFL is significant, which may partially explain discrepancies in reported CNFL in healthy and diabetic subjects\(^{21}\) relative to mCNFL values reported here. At least part of the discrepancy may be due to inclusion of the whorl region in mCNFL and its intended or unintended exclusion in other studies. Overestimation errors could also result from subjective selection of images depicting multiple, highly reflecting nerves with good contrast and ignoring those regions with sparse nerves or with only thin, secondary branches visible. Such errors may be minimized by evaluation of larger groups of subjects and reporting and comparing group means as is commonly done; however, this does not address the potentially large errors inherent in CNFL of a given single eye. Also, more effort toward a consensus regarding either inclusion or exclusion of the whorl region is needed. Thresholds for acceptable image quality and nerve visibility are also necessary, to avoid the use of images with only partial or low-quality depiction of nerves, which could impact CNFL accuracy. From the error analysis, however, an optimum number of sampled IVCM images could be proposed for a given range of acceptable error relative to mCNFL. From Figure 3, if 12 IVCM image frames are sampled, then an error range of approximately \(-10\%\) to \(+30\%\) would result (black lines in Fig. 3), provided that the sampled images fulfill two conditions: (1) no overlap of nerves in the 12 sampled images and (2) that each sampled image is depth-corrected, that is, a projection of a small stack of IVCM images at that location at slightly different depths. If the second condition is not met and instead 12 raw IVCM images were sampled, then the error range would be an unacceptably \(-50\%\) to \(-10\%\) (red lines in Fig. 3), representing an underestimation bias due to incomplete visibility of subbasal nerves in wide-depth IVCM images. A limitation of the present study was the relatively small number of individuals in the IGT and short-duration diabetes groups, which precluded a more robust statistical analysis of mCNFL changes in these stages relative to the NGT group, given the level of variance in mCNFL. This variance was just small enough to detect changes between individuals with and without diabetes or between NGT and long-term diabetes groups with sufficient power. Conversely, strengths of the present study were the high quality and large size of the wide-area mosaics, rapid imaging in a clinical setting and rapid construction and analysis of mosaics, robust analysis with automated and manual methods and left/right eyes, the number of full whorl regions imaged and quantified, and the examination of an age-controlled cohort.

In conclusion, wide-area mosaic mapping of the corneal SBP revealed a modest \(15\%\) decline in mCNFL in subjects with
diabetes over the long term. Conversely, nerve fibers of the apical whorl region (as quantified by wCNFL) were preserved in diabetes, with nerve degeneration occurring predominantly outside the whorl with an apparent loss of secondary nerve fiber branches losing their connections to the primary nerves. Analyzing depth-corrected mosaic images provides the possibility to detect and document peripheral nerve degeneration in a more robust manner than CNFL, and may represent a valuable tool in the early detection of early SBP changes in diabetes.

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