Association Between Ocular Surface Temperature and Tear Film Stability in Soft Contact Lens Wearers

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PURPOSE. To investigate the correlation between the changes in the ocular surface temperature (OST) and tear film stability over soft contact lenses (SCLs).

METHODS. We enrolled 20 eyes of 20 normal SCL wearers (20 men; 24.4 ± 4.1 years). We used four different daily disposable SCLs: one silicone hydrogel lens (delefilcon A) and three hydrogel lenses (etafilcon A with polyvinylpyrrolidone [PVP], etafilcon A, and polymacon). OST was measured every second during 10 seconds without blinking. We defined the difference in the OST from 0 to 10 seconds as ΔOST. To evaluate tear film stability, we measured noninvasive tear break-up time (NIBUT) and tear interference patterns on the contact lenses (TIPCL) using tear film interferometry. The parameters were measured before and 15 minutes after wearing each SCL.

RESULTS. ΔOST was correlated significantly with NIBUT without (r = 0.411, P < 0.01) and with SCL (r = 0.642, P < 0.01). TIPCL grade was correlated significantly with ΔOST over SCLs (r = -0.636, P < 0.01). ΔOST was significantly smaller with silicone hydrogel delefilcon A than hydrogel etafilcon A and polymacon lenses (P < 0.05 and P < 0.01, respectively). Delefilcon A and etafilcon A with PVP lenses had significantly smaller NIBUT than etafilcon A (P < 0.05 for both comparisons). TIPCL grade of delefilcon A lens was significantly smaller than those of etafilcon A and polymacon (P < 0.01 for both comparisons).

CONCLUSIONS. The changes in OST over SCLs are related to tear film stability. Measurements of OST can be used to evaluate tear film stability for SCL wearers.

Keywords: ocular surface temperature, tear interferometry, contact lenses, BUT, silicone hydrogel

More than 50% of contact lens wearers have dry eye symptoms such as ocular dryness and discomfort,1 and approximately 15% of contact lens wearers stop wearing the lenses due to discomfort.2 The presence of the contact lens on the ocular surface disrupts the tear film by dividing it into the pre- and postlens tear film. Nichols and King-Smith3 reported that contact lenses reduce the tear film thickness to 2.31 μm in the prelens tear film and 2.34 μm in the postlens tear film. A thin prelens tear film leads to an increased evaporation rate of the tear film4 and shortens the tear film break-up time (BUT)5 over soft contact lenses (SCLs), which can cause tear film instability and ocular surface discomfort in the wearers.

The body surface temperature represents the fundamental feature of tissue metabolism. Therefore, the temperature on the ocular surface is a possible parameter of ocular surface physiology. In 1968, Mapstone6 measured the ocular surface temperature (OST) in humans for the first time. In 1995, Morgan et al.7,8 used infrared thermography to measure OST in patients with dry eye and reported that the decreased OST during sustained eye opening in dry eye occurred significantly faster than in normal eyes. The decrease of OST is associated with evaporation of the tear fluid, convective heat transfer, emission of infrared radiation, and heat conduction.9–11 Several studies have shown that the tear evaporation rate and BUT were correlated significantly with the degree of the decrease in OST.12–14 These findings indicated that OST is related to tear film stability.12

Purslow et al.16 measured OST over disposable contact lenses using a noninvasive infrared camera. However, to the best of our knowledge, no study has evaluated the relationship between OST and tear film stability over SCLs. The aim of the current study was to investigate the relationship between OST and tear film stability in contact lens wearers using ocular surface thermography and tear film interferometry.

SUBJECTS

Twenty eyes of 20 normal SCL wearers (20 men; mean ± SD, 34.4 ± 4.1 years; range: 20–55 years) were enrolled in this study. The Toho University Institutional Review Board (#27068) approved the study, which adhered to the tenets of the Declaration of Helsinki. All patients provided informed consent.
after they received an explanation of the possible consequences of the study. SCL wearers were included who wore the lenses more than 4 days a week. The exclusion criteria were subjects who had a history of allergic keratoconjunctivitis, dry eye, ocular injuries, infectious keratitis, and ocular surgery. An experienced ophthalmologist (YO) conducted all screening examinations. The diagnosis of dry eye was established based on a fluorescein tear film BUT of less than 5 seconds, Schirmer 1 test of less than 5 mm, positive fluorescein corneal and conjunctival staining, and the results obtained using the Dry Eye-Related Quality-of-Life Score questionnaire with a cutoff score of 33 for dry eye.

Based on these examinations, if at least two of four categories were positive, we diagnosed the subject with dry eye. Table 1 shows the characteristics of the study subjects.

As this was not an intervention study, we did not calculate sample size before conducting the study. The sample size was set as 20 patients, which was the available number in our university hospital during the study period.

### SCL Types

We used one silicone hydrogel and three hydrogel daily disposable contact lenses. Table 2 shows the four commercially available daily disposable contact lenses used in this study: a water gradient silicone hydrogel lens, delefilcon A (Dailies Total 1; Alcon, Fort Worth, TX, USA); a hydrogel lens including moisture-rich ingredient, etafilcon A with polyvinylpyrrolidone (PVP), (1-Day Acuvue Moist; Johnson & Johnson, New Brunswick, NJ, USA); a hydrogel lens, etafilcon A (1-Day Acuvue; Johnson & Johnson); and a colored cosmetic contact lens (hydrogel lens), polymacon (Ever Color 1 Day Decolog; Aisei Co. Ltd., Osaka, Japan). In this study, we confirmed that these SCLs fit each subject properly.

### OST Measurement

OST was measured using a noninvasive ocular surface thermographer (TG-1000; Tomey Corporation, Nagoya, Japan). Subjects were asked to close their eyes for 5 seconds and then to keep their eyes open for 10 seconds. During the examination, the subjects were asked to look straight ahead. The OST was measured every second during the examination, the subjects were asked to look straight ahead. The OST was measured every second during the examination, the subjects were asked to look straight ahead. The OST was measured every second during the examination, the subjects were asked to look straight ahead.

### Table 1. Characteristics of the Study Subjects

| Age, y | 24.4 ± 4.1 |
| Sex ratio, male:female | 20:0 |
| SCL wearing history, y | 7.0 ± 5.6 |
| SCL wear frequency, d/wk | 6.1 ± 1.2 |
| Schirmer test, mm | 23.1 ± 8.2 |
| TBUT, s | 8.8 ± 1.6 |
| Dry Eye-Related Quality-of-Life Score Subjective score | 8.8 ± 8.7 |

### Generic Data of SCL Used in This Study

<table>
<thead>
<tr>
<th>Type</th>
<th>Material</th>
<th>Products</th>
<th>DIA/BC, mm</th>
<th>H2O, %</th>
<th>Charge</th>
<th>Dk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Silicone hydrogel</td>
<td>Delefilcon A</td>
<td>Dailies Total 1</td>
<td>14.1/8.8</td>
<td>53–80</td>
<td>Ionic</td>
<td>140</td>
</tr>
<tr>
<td>Hydrogel with PVP (FDA Group IV)</td>
<td>Etafilcon A with PVP</td>
<td>1-Day Acuvue Moist</td>
<td>14.2/9.0</td>
<td>58</td>
<td>Ionic</td>
<td>28</td>
</tr>
<tr>
<td>Hydrogel (FDA Group I)</td>
<td>Polymacon</td>
<td>Ever Color 1-Day Decolog</td>
<td>14.5/8.7</td>
<td>38</td>
<td>Nonionic</td>
<td>9.5</td>
</tr>
</tbody>
</table>

BC, base curve; DIA, diameter; Dk, diffusionskonstante (i.e., oxygen permeability of contact lens); PVP, polyvinylpyrrolidone.
Overall results. Regarding the interferometry pattern, the OST from 0 to 10 seconds without blinking. The differences in the ΔOST with and without deleficon A, etafilcon A with PVP, etafilcon A, and polymacon lenses were 0.15 ± 0.33°C, 0.22 ± 0.35°C, 0.46 ± 0.35°C, and 0.50 ± 0.35°C, respectively. The value of the deleficon A lens was significantly smaller (P < 0.05 and P < 0.01, respectively, Tukey HSD test) than those of the etafilcon A and polymacon lenses (Fig. 4A).

The differences in the NIBUT between with and without the deleficon A, etafilcon A with PVP, etafilcon A, and polymacon lenses were 2.6 ± 2.6, 2.3 ± 3.6, 5.3 ± 3.2, and 4.8 ± 2.8 seconds, respectively. The values with the deleficon A and etafilcon A with PVP lenses were significantly smaller (P < 0.05 for both comparisons, Tukey HSD test) than with the etafilcon A lens (Fig. 4B).

TIPCL with deleficon A, etafilcon A with PVP, etafilcon A, and polymacon lenses were 1.7 ± 0.9, 2.1 ± 1.0, 2.7 ± 0.9, and 2.8 ± 1.0, respectively. The value of the deleficon A lens was significantly smaller (P < 0.01 for both comparisons, Tukey HSD test) than those of etafilcon A and polymacon (Fig. 4C).

DISCUSSION

The changes in OST correlated positively with the NIBUT and correlated negatively with the TIPCL over the contact lenses in tolerant SCL wearers. These data indicated that the ΔOST is associated with the tear film stability over the SCLs. Many researchers have tried to measure OST and concluded that the destruction of the tear film on the ocular surface decreased OST.6–16,18,19,21,22 Destruction of the tear film is associated with tear evaporation and loss of wettability of the ocular surface.23 Craig et al.15,21 reported that the tear film evaporation rate was correlated significantly with ocular surface cooling in patients with dry eye. Kamao et al.12 reported that the BUT and the ΔOST were correlated significantly in normal eyes and patients with dry eye. Furthermore, two recent studies have confirmed that the locations of the fluorescein tear break-up areas and low temperature areas on the ocular surface were correlated significantly using a dual real-time imaging system with a thermographic and fluorescent camera.14,22 These reports suggested that the changes in OST represent the stability of the tear film on the ocular surface.

Wearing contact lens has a great effect on the ocular surface resulting from continuous disruption of the tear film. Guillon
and Maissa\textsuperscript{4} reported that wearing contact lenses significantly induced evaporation of the tear film. Glasson et al.\textsuperscript{5} reported that the NIBUT decreased significantly even in subjects who were tolerant of contact lens wear. Regarding OST, Purslow et al.\textsuperscript{16} measured OST over SCLs in 2005 and reported that OST decreased dramatically with contact lens wear. However, the relationship between OST and tear film stability over SCLs remains unknown. In the current study, we measured OST and NIBUT in subjects who tolerated SCL and found that the $\Delta$OST over the SCLs was correlated significantly with the tear film stability, NIBUT, in addition to the correlation between $\Delta$OST and NIBUT without SCLs.

A tear interferometer observes the tear film dynamics in real time noninvasively.\textsuperscript{24,25} Yokoi et al.\textsuperscript{24} reported that tear interference patterns were highly correlated with dry eye severity. Maruyama et al.\textsuperscript{20} classified the TIPCLs for the first time in 2004. Because this classification represents the thickness of the tear film,\textsuperscript{20} we can evaluate the tear film stability over SCLs qualitatively in vivo. The current results showed that the $\Delta$OST in all SCLs was associated significantly with the TIPCL. Therefore, we found that the changes in OST over SCLs were correlated highly with the tear film stability both quantitatively (NIBUT) and qualitatively (TIPCL).

We also found that the $\Delta$OST with a water-gradient silicone hydrogel delefilcon A lens was significantly smaller than with the hydrogel lenses, etafilcon A and polymacon. Delefilcon A contains a low (33\%) water content core and a higher (80\%) water content surface. The aim of this design was to provide high oxygen transmissibility while retaining a wettable surface.\textsuperscript{26} Szczesna-Iskander et al.\textsuperscript{26,27} used lateral shearing interferometry to measure a tear film surface quality (TFSQ) noninvasively, and reported that silicone hydrogel delefilcon A lens maintained better TFSQ compared with hydrogel nelfilcon A lens. Wolffsohn et al.\textsuperscript{28} reported that no significant changes of the surface temperature were found among the three silicon hydrogel lenses, delefilcon A, narafilcon A, and filcon II-3.

![Figure 3. Correlation between the $\Delta$OST with SCLs and TIPCL. The $\Delta$OSTs with all SCLs are significantly (Spearman $r = -0.636, P < 0.01$) negatively correlated with the TIPCLs.](image)

FIGURE 3. Correlation between the $\Delta$OST with SCLs and TIPCL. The $\Delta$OSTs with all SCLs are significantly (Spearman $r = -0.636, P < 0.01$) negatively correlated with the TIPCLs.

![Figure 4. Comparison of the differences in the $\Delta$OST and NIBUT between SCL wear and no SCL wear. (A) The differences in the $\Delta$OSTs between with and without the delefilcon A lens is significantly smaller than with the etafilcon A and polymacon lenses ($**P < 0.01$, respectively, Tukey HSD test). (B) The differences in the NIBUTs with the delefilcon A and etafilcon A with PVP lenses are significantly smaller than with the etafilcon A lens ($*P < 0.05$ for both comparisons, Tukey HSD test). (C) TIPCL grade of the delefilcon A lens was significantly smaller than those of etafilcon A and polymacon ($**P < 0.01$ for both comparisons, Tukey HSD test).](image)
These data and our findings suggested that silicone hydrogel delefilcon A could maintain OST better than conventional hydrogel lenses as well as tear film stability.

The study had several limitations. First, the number of subjects in this study was small. Second, in this study we used only one type of silicone hydrogel lens. We should have included other silicone hydrogel lenses to compare with hydrogel lenses. Third, we measured the NIBUT up to 10 seconds to avoid reflective secretion of tear fluid. Therefore, in the subjects with no break-up of the tear film for 10 seconds, the NIBUT was recorded as 10 seconds. This “10 seconds” did not represent the true tear break-up time for the subjects. Because the thermography we used can measure OST continuously for 10 seconds, we measured NIBUT up to 10 seconds in this study. If we could measure for longer period, the correlation coefficient or P value may be changed. Finally, we measured OST or NIBUT after 15 minutes of wearing each SCL. We think the longer wearing SCLs before the measurement, the more adjusting the SCLs to the subjects’ ocular surface. Because of time limitations, we measured OST or NIBUT after 15 minutes of wearing each SCL. A longer wearing period might have affected the value of OST or NIBUT.

In conclusion, we found that the changes in OST over SCLs were correlated with the tear film stability. OST measurements can be used to evaluate the tear film stability in contact lens wearers.

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References