

A study conducted in Syracuse, N.Y. found that artificial pupil contact lenses (APCLs) provided significant relief to veterans suffering from light sensitivity, photophobia and light-induced headache (triggered even by levels as low as normal room lighting). Eighteen otherwise normal patients exhibiting these symptoms were seen at the Veterans Administration hospital in Syracuse. (Most of these individuals had been treating their symptoms, both indoors and outdoors, with dark wrap-around sunglasses that eliminated up to 90 percent of light entering the eye.) Lenses that create an artificial pupil are helping reduce symptoms caused by light sensitivity.<sup>5307</sup> (Image courtesy Mary M. Jackowski, PhD, OD.) The patients were fitted binocularly with 4.5-mm APCLs that cut the visual field beyond 70 degrees, reducing light entering the eye by about 30 percent (See sample, left). The subjects were examined and given questionnaires when fitted with the lenses and one month later. All patients reported substantial benefit from wearing the lenses regularly. Light sensitivity scores dropped 50 percent, with major reductions in headaches. Not needing to wear sunglasses (except in outdoor bright light conditions) allowed subjects to re-engage in normal activities and improved interactions with family and co-workers. The lenses also eliminated the chronic dark-adaptation problems associated with wearing dark sunglasses. The authors note that the use of APCLs improves upon currently available treatment options, and that these results suggest that peripheral light may be a key cause of these symptoms.<sup>5307</sup> - See more at: [http://www.reviewofophthalmology.com/content/t/contact\\_lenses/c/40631/#sthash.MvyrqpAr.dpuf](http://www.reviewofophthalmology.com/content/t/contact_lenses/c/40631/#sthash.MvyrqpAr.dpuf)