

The Insensitivity of NK: Diagnosis and Management


*Douglas K Devries, OD
Eye Care Associates of Nevada
Sparks NV*

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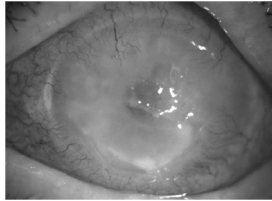
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**Douglas K Devries, OD
Disclosures**
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Neurotrophic Ulcer
End Stage NK

Wardlaw A, In Fourtiller E, Bay PI, Meyer DM, eds. Contact Ocular Therapy. WB Saunders, 1995.

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Neurotrophic Keratitis Definition



- Degenerative corneal disease
- Damage to the trigeminal nerve (cranial nerve V)
- Loss of corneal sensation
- Breakdown of the corneal epithelium
- Impaired corneal healing
- Persistent epithelial defect → corneal ulceration → stromal melting and perforation

• STAIN without PAIN


Hallmark: decreased sensation, decreased or no pain

Montopasqui L, et al. J Cell Physiol. 2017;232(4):717-724.

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Neurotrophic Keratitis

NK is Classified as a Rare Disease




- Rare/orphan disease (ORPHA137596)¹
 - Affects ≤ 5 individuals in 10,000
- NK Prevalence difficult to determine^{1,2}
 - Estimated to be < 1.6/10,000
 - Best data are based on extrapolation from the most common conditions associated with NK
 - o Herpes simplex keratitis: 6% develop NK
 - o Herpes zoster keratitis: 12.8% develop NK
 - o Postsurgical nerve damage: 2.8% develop NK

1. Dua HS, et al. Prog Retinal Eye Res. 2018;66:107-131.
2. Shah S, et al. Ocular Surf. 2010;10(10):1041-1048.

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Differential Diagnosis

- Loss of corneal sensation = **Neurotrophic Keratitis**
- Neuropathic** pain (corneal neuralgia, keratoneuralgia):
 - Pain without stain**
 - Pain in response to minimal or even no stimulus
- Diseases with overlapping features of NK; can lead to NK if corneal sensation is affected^{1,2}
 - Dry eye disease
 - Contact lens-related disorders
 - Blepharitis
 - Exposure keratopathy
 - Stem cell deficiency
 - Topical drug toxicity
 - Mild chemical injury



1. Dua HS, et al. Prog Retinal Eye Res. 2018;66:107-131.
2. Sachethi A, et al. Clinical Ophthalmology. 2014;8:571-579.

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CORNEAL NERVES: The Foundation of Ocular Surface Health

300 to 600 times more than skin and 20 to 40 times more than dental pulp

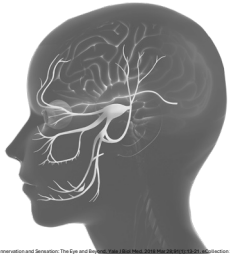
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1. CORNEAL NERVES: The Foundation of Ocular Surface Health

CORNEAL NERVE FUNCTIONS

The **CORNEAL NERVES** are a key element for the ocular surface health as they trigger 3 key ocular protection mechanisms:

- 1. Tear production**
- 2. Reepithelization**
- 3. Blinking reflex**

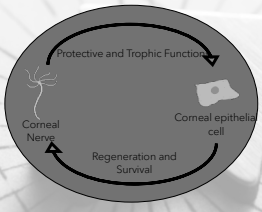


1. Lambi A, Corbett M, Hooper P. Corneal Sensitivity After Ocular Surgery. Eye Contact Lens. 2008;36(1-2):12. 2. Tang M, et al. Clinical Ophthalmology and Neurology: The Eye and Beyond. 2010. 3. Dua HS, et al. Prog Retinal Eye Res. 2018;66:107-131. 4. Sachethi A, et al. Clin Ophthalmol. 2014;8:571-579.

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Corneal Innervation


- The cornea is the most sensitive and densely innervated tissue in the human body^{1,2}
- Corneal nerve damage = loss of corneal sensation, epithelial breakdown, poor healing^{1,2}



1. Shaha H. Clinical Ophthalmology. 2019;13:1973-1980.
2. Venzon P, et al. Eye and Brain. 2018;10:27-42.
3. Dua HS, et al. Prog Retinal Eye Res. 2018;66:107-131.
4. Sachethi A, et al. Ocular Surf. 2014;10(10):661. doi:10.1016/j.jcrs.2010.11.008.

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Etiology




<p>INFECTIOUS^{1,2}</p> <ul style="list-style-type: none"> Herpes (simplex, zoster) Leprosy <p>IATROGENIC</p> <ul style="list-style-type: none"> Trauma to ciliary nerves by laser treatment and surgery Corneal incisions LASIK or PRK <p>SYSTEMIC DISEASE^{1,2}</p> <ul style="list-style-type: none"> Diabetes Multiple sclerosis Vitamin A deficiency <p>CORNEAL DYSTROPHIES^{1,2}</p> <ul style="list-style-type: none"> Lattice Granular 	<p>TOXIC^{1,2}</p> <ul style="list-style-type: none"> Chemical burns Carbon disulfide exposure Hydrogen sulfide exposure <p>TOPICAL MEDICATIONS^{1,2}</p> <ul style="list-style-type: none"> Anesthetics (abuse) Timolol Betaxolol Sulfacetamide Diclofenac sodium Ketorolac <p>MISC²</p> <ul style="list-style-type: none"> Contact Lenses Increasing age Adie syndrome Limbic stem cell failure (chronic) 	<p>FIFTH-NERVE PALSY^{1,2}</p> <ul style="list-style-type: none"> Trigeminal neuralgia surgery Neoplasia (acoustic neuroma) Aneurysms Facial trauma Congenital Riley-Day syndrome Goldenhar-Gorlin syndrome Möbius syndrome Familial corneal hypesthesia
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1. Dua HS, et al. Prog Retinal Eye Res. 2018;66:107-131.
2. Sachethi A, et al. Clinical Ophthalmology. 2014;8:571-579.

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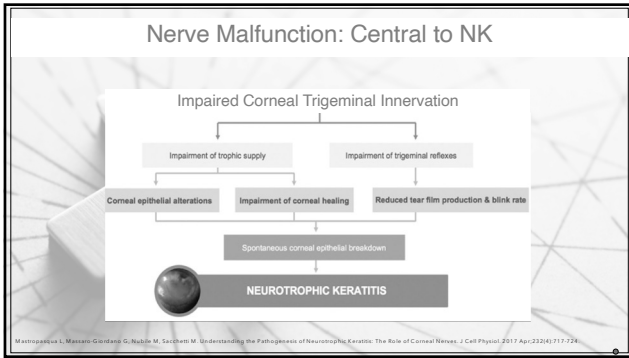
Chronic Comorbidities May Worsen Prognosis of NK

Chronic comorbidities can also confound the diagnosis of NK, increasing the need for a thorough diagnostic work-up, including a confirmatory test.



Sachethi M, Lambi A. Diagnosis and management of neurotrophic keratitis. Clin Ophthalmol. 2014;8:571-579.

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- ### Etiologies: Impairment of Trigeminal Innervation
- Herpetic Corneal Disease (HSV/VZV)
 - Damage to CN V - h/o stroke, tumor, brain injury/surgery
 - H/o **LASIK** or other **ocular surgery**
 - Iatrogenic injury (h/o contact lenses)
 - Chronic use of topical medications (e.g., PGA timolol, betaxolol)
 - Some corneal dystrophies
 - Limbal stem cell deficiency long standing/diseased epithelium (chemical burns)
 - Systemic Diseases: ie, **diabetes mellitus**, multiple sclerosis, Riley-Day syndrome
 - Multiple ocular surgeries
 - Ocular cicatricial pemphigoid

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- ### Diagnostic Considerations
- Clinical History
 - Corneal sensitivity testing
 - Complete eye exam (slit lamp/DFE - eg, r/o diabetic retinopathy)
 - **Corneal staining**
 - Schirmer test (can be impaired as a result of reduction in corneal sensitivity)
 - Corneal cultures (r/o secondary infection)
 - In vivo confocal microscopy (affected sub-basal nerves)
 - Evaluation for systemic immune disorders
- Sacchetti M, Lambiasi A. Diagnosis and management of neurotrophic keratitis. Clin Ophthalmol. 2014;8:571-579.


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- ### Corneal Sensation
- Greatest in the central cornea
 - 5 to 6 times as many nerve fibers compared to peripheral
 - Drops rapidly as distance increases from the central cornea
 - Falls with increasing age
 - Is not affected by iris color
 - More sensitive in the temporal limbus than the inferior limbus
 - Reduction has been reported in diabetes (types 1 and 2)
- Faulner WJ, Valley GA. Corneal diagnostic techniques. In: Kochner H, Mears MJ, Holland EJ, eds. Cornea. 2nd ed. Vol. 1 Philadelphia: Elsevier/Mosby; 2005:229-235. External Disease and Cornea, Section 8. Basic and Clinical Science Course, AAO, 2010.

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- ### Corneal Sensitivity Testing
- 

QUALITATIVE

 - Examples: Cotton swab, cotton wisp, dental floss, tip of a tissue
 - Basic scoring systems may be developed using simple tests for sensation
 - Descriptive scales: normal, hypoesthesia, anesthesia
- 

QUANTITATIVE

 - Examples: Cochet-Bonnet esthesiometer
 - Often used in basic research and clinical trial settings
 - May be limited in general clinical practice
- Venzara P, Giannacari G, Pellegrini M, et al. Neurotrophic keratitis: current challenges and future prospects. Eye Brain. 2018; 10:37-45.

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1. CORNEAL NERVES: The Foundation of Ocular Surface Health

CORNEAL SENSITIVITY TESTING

Non-contact esthesiometry is the test for screening and monitoring of patients at risk for neurotrophic dysfunction associated with ocular surface disease

© Linnik, Corbett K, Hooper P. Corneal Sensitivity Meter. Ocular Surgery Eye & Contact Lens. 2016;34(11):11-2. Tang KY, et al. Corneal Inflammation and Sensation: The Eye and Beyond. Yonk (Stat Med). 2014 Mar 24;33(12):12-21. <\/small>

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3. Paradigm Shift to Proactive Approach in OSD Management

CONVENIENT, EASY & QUICK TEST

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3. Paradigm Shift to Proactive Approach in OSD Management

KEY FEATURES

- Non-Contact (noninvasive)
- Standardized stimulation levels for assessing 6 corneal health status: from suspected hypersensitivity to very severe hyposensitivity
- Electronic precise positioning system
- Quantifiable and repeatable method for consistent and reliable patient monitoring
- Quick and easy to use
- Designed for seamless placement on a slit lamp
- No consumables or calibration required

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3. Paradigm Shift to Proactive Approach in OSD Management

CORNEAL SENSITIVITY TEST RESULTS

Stimulus Level- threshold	Corneal status*
Level 1	Corneal hypersensitivity (suspect)
Level 2	Regular corneal sensitivity
Level 3	Regular corneal sensitivity
Level 4	Corneal hyposensitivity (suspect)
Level 5	Severe corneal hyposensitivity
None (Level 6)	Very severe corneal hyposensitivity

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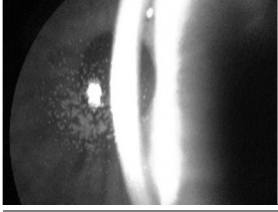
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Mackie Severity Classification

Stage	Clinical Features
1	<ul style="list-style-type: none"> ✓ Punctate epitheliopathy (punctate corneal fluorescein/LG staining) ✓ Decreased TBUT ✓ Stromal haze
2	<ul style="list-style-type: none"> ✓ Persistent epithelial defect with smooth rolled edges ✓ Stromal opacity
3	<ul style="list-style-type: none"> ✓ Stromal thinning/ulceration ✓ Corneal perforation

Mackie, JA. (1995) Neurotrophic keratitis. *MO Saunders*.
Dua HS, Gaid DG, Misener EM, et al. Neurotrophic keratopathy. *Prog Retin Eye Res*. 2018;66:107-131.

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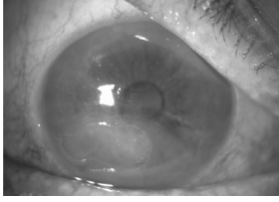
Stage 1

- Rose bengal staining of the inferior palpebral conjunctiva
- Decreased TBUT
- Increased mucous viscosity
- Punctate corneal epithelial fluorescein staining (resembles dry eye)

Mackie Classification
Classified NK into 3 stages

Mackie JA, In: Fraunfelder F, Ray FH, Meyer DM, eds. *Current Ocular Therapy*. WB Saunders, 1995.

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Stage 2

Epithelial defect

- Typically oval in shape
- In central/inferior cornea
- Surrounded by a rim of loose epithelium
- Edges may become smooth and rolled

Stromal swelling with folds in the Descemet membrane

Anterior chamber inflammatory reaction may be present

Mackie Classification
Classified NK into 3 stages

Mackie JA, In: Fraunfelder F, Ray FH, Meyer DM, eds. *Current Ocular Therapy*. WB Saunders, 1995.

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Mackie Classification Summary

- Commonly used in clinic and research
- Clustered a number of distinct and often nonsequential phases of NK development into 3 categories
- Very broad and nonspecific
- Recent advent of more effective treatment options necessitates a more highly defined staging system that better reflects the evolution of the disease and alerts clinicians to the earlier stages of NK

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The Neurotrophic Keratitis Study Group

MEMBERS

- Edward J. Holland, MD - Chair
- Kenneth A. Beckman, MD
- Albert Y. Cheung, MD
 - Marjan Farid, MD
 - Nicole Fram, MD
- Preeya K. Gupta, MD
- W. Barry Lee, MD
- Francis S. Mah, MD
- Mark J. Mannis, MD
- Jay Pepose, MD
- Elmer Tu, MD

- Proposed a new 7-step clinical staging system to more precisely classify the signs and symptoms associated with NK
- This classification will:
 - allow for earlier diagnosis
 - accurately monitor progression, evolution or recurrence
 - assess and evaluate its response to treatment

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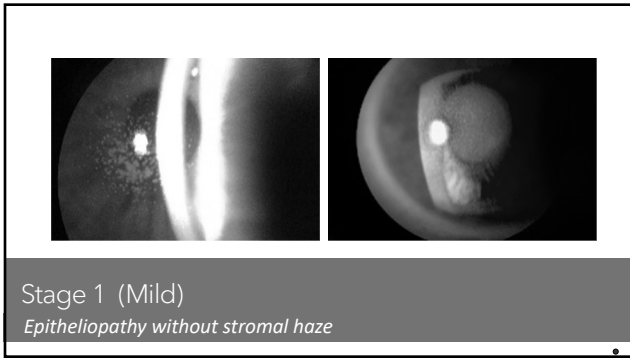
Neurotrophic Keratitis Study Group Proposed Staging System

Altered Sensation Without Keratopathy

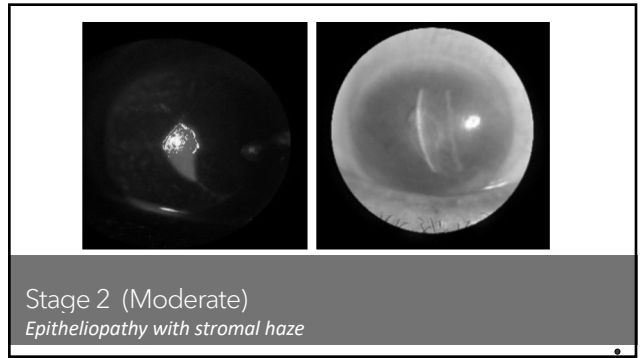
- Patient can have absent sensation and not corneal findings

Stage 0 (Mild)

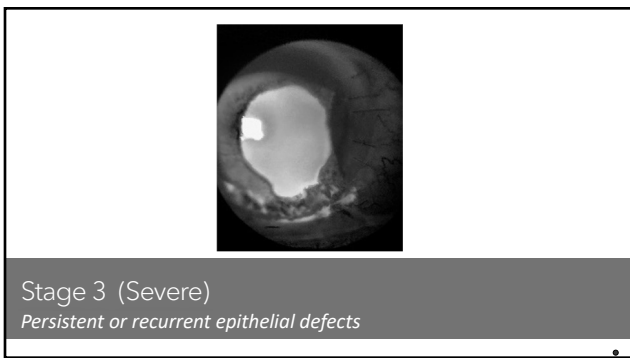
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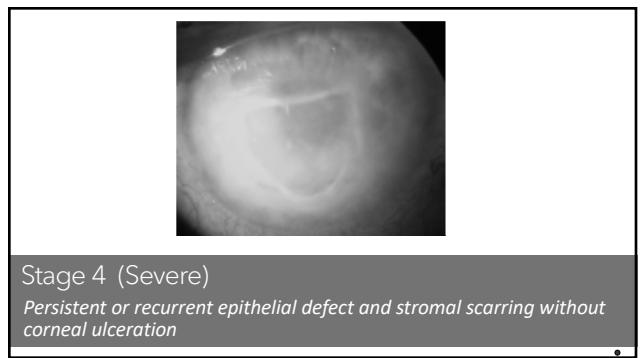
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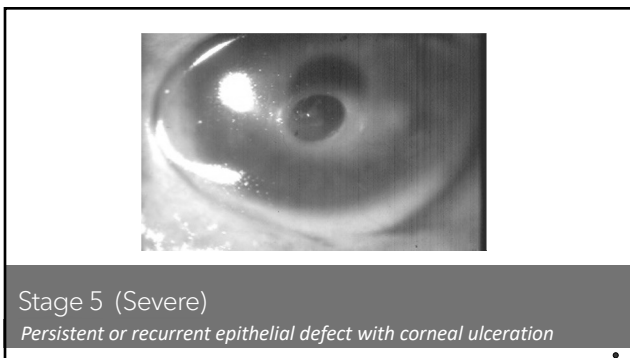
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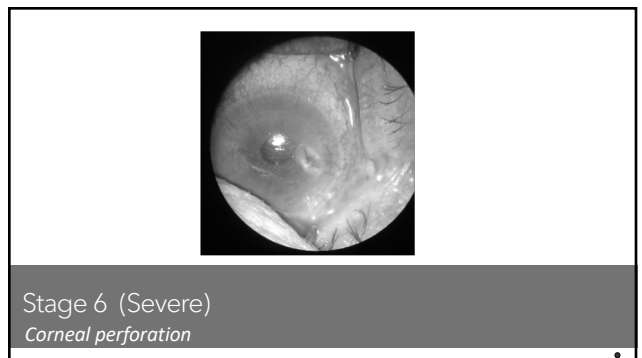
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Topics for Discussion

- Mackie Classification versus Neurotrophic Keratitis Study Group 7-stage grading
 - When to use each?
- How to differentiate early NK from dry eye
 - Exam flow, staff flow
- When to manage?
- When to treat/refer?

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NK Treatment



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Severity-Based Therapy

Stage	Therapy
1	<ul style="list-style-type: none"> • Preservative-free artificial tears formulations • Punctal occlusion • Hydrogel contact lens (consider large diameter) • Recombinant human NGF (rhNGF, cenegermin) • Serum/plasma/platelet rich plasma
2	Supportive therapies plus: <ul style="list-style-type: none"> • rhNGF • Scleral lens (± serum/plasma) • Amniotic membrane • Botulinum induced ptosis, Tarsorrhaphy
3	<ul style="list-style-type: none"> • rhNGF • Keratoplasty + scleral lens, tarsorrhaphy, neurotization

Sacchetti M, Lambase A. Diagnosis and management of neurotrophic keratitis. Clin Ophthalmol. 2014;8:571-579. doi:10.2165/000070137-2014080571. Epub 2014 Oct 7. PMID: 25111111. [http://dx.doi.org/10.2165/000070137-2014080571]

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Therapeutic Bandage Contact Lens

<p>PROS</p> <ul style="list-style-type: none"> • Inexpensive • Mechanical protection • Surface hydration 	<p>CONS</p> <ul style="list-style-type: none"> • Risks • Infection • Hypopyon formation • Reactive iritis • Requires frequent follow-up • Use with caution!
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Allen VD, Malinovsky V. Management of NK. Contact Lens Ant Eye 2009;26:161-5. Weissman BA, Mondino BJ. Contact Lens Ant Eye 2002;25:3-9

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Serum/Plasma Therapy

Serum/plasma have reported efficacy as primary or adjunct therapy

- Reported success of serum alone (20-50% concentration) ranges from 71 to 100% within 90 days (Guadilla et al. Arch Soc Esp Ophthalmol 2013; Jeng and Dupps Cornea 2009; Pflugfelder AJO 2006)
- Umbilical cord serum may be more effective and has higher concentrations of substance P and NGF than peripheral blood serum (Yoon KC et al. Ophthalmology 2007)
- Epithelial defect healed in 97.4% of stage 2-3 NK after 11 weeks of plasma rich in growth factors (PRGF) (Sanchez-Avila RM et al. Int Ophthalmol 2018)
- Serum can be used safely in combination with SiH CL. No inflammation or CL deposits were observed (Choi JA ECL 2011)

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Amniotic Membrane

- Randomized clinical trial reported healing of refractory neurotrophic ulcers with conventional therapy (lubrication plus BCL or tarsorrhaphy) or amniotic membrane transplant (AMT). Healing rates were similar in the 2 groups: 67% with conventional therapy and 73% with AMT (Khokhar S et al. Cornea 2005)
- AMT was also equivalent to autologous serum (AS) in healing neurotrophic ulcers: 70% for AS and 73% for AMT (Turkoglu E et al. Semin Ophthalmol 2014)
- Multilayer AMT recommended for deep ulcers and Descemetocoeles (Kruse F et al. Ophthalmology 1999)

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Amniotic Membrane

- Self-retaining or in O.R.
- Single or multi-layer graft or patch
- Heal acute defect
- Restore stromal thickness
- Re-establish epithelial integrity
- Consider amniotic membrane extract

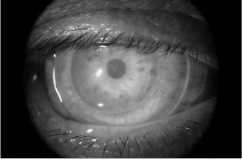
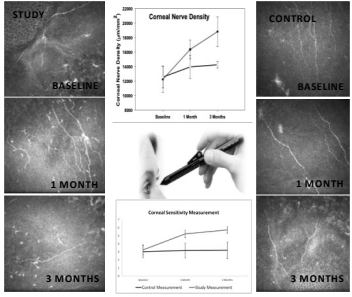


Image courtesy of Elizabeth Yu, MD. 43

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Lasting Effect by Increasing Corneal Nerve Density



John T, et al. Journal of ophthalmology. 2017 Aug 15;2017. 44

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Scleral Lenses

- Use of fluid filled scleral contact lenses for treatment of NK initially reported decades ago (Romero-Rangel et al. *AJO* 2000)
- Nonhealing corneal epithelial defects with BCL healed without recurrence in all 9 eyes treated with PROSE scleral lens (Ling J et al. *Am J Ophthalmol* 2013)
- Overnight wear (with close monitoring) may accelerate healing (Lim P et al. *AJO* 2013)


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The Latest Treatment Options



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Active Ingredient Structurally Identical to Human Nerve Growth Factor Produced in Ocular Tissues



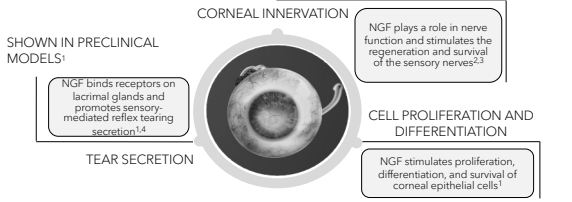
- Naturally occurring neurotrophin is responsible for differentiation, growth, and maintenance of neurons¹
- The regenerative potential of nerve growth factor (NGF) was discovered by Nobel-prize winning scientists in the early 1950s¹
- Cenegermin-bkbj, a novel recombinant human nerve growth factor (rhNGF), is STRUCTURALLY IDENTICAL to the NGF protein²

47 1. Lombase A, Fan F, Bonni S, Caprioglio G, Alise L. Topical treatment with nerve growth factor for corneal neurotrophic ulcers. N Engl J Med 1998;338:1174-80. 2. Voelker R. New Drug Treat Rev. Debilitating Neurotrophic Keratitis. JAMA. 2018;320(13):1309.

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Endogenous NGF Maintains Corneal Integrity By Three Mechanisms

Endogenous Nerve growth factor acts through specific high-affinity (ie, TrkA) and low-affinity (ie, p75NTR) nerve growth factor receptors in the anterior segment of the eye to support corneal innervation and integrity.¹



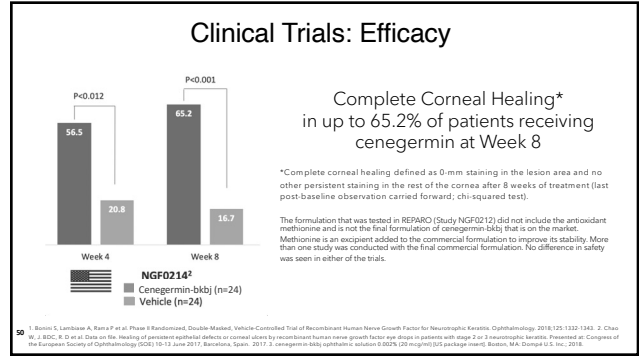
- CORNEAL INNERVATION**: NGF plays a role in nerve function and stimulates the regeneration and survival of the sensory nerves^{2,3}
- TEAR SECRETION**: NGF binds receptors on lacrimal glands and promotes sensory-mediated reflex tearing secretion^{1,4}
- CELL PROLIFERATION AND DIFFERENTIATION**: NGF stimulates proliferation, differentiation, and survival of corneal epithelial cells¹

48 1. Mastroianni L, Masiero-Giordano G, Nubile M, Sacchetti M. Understanding the pathogenesis of neurotrophic keratitis: the role of corneal nerves. J Cell Physiol. 2017 Apr;222(4):717-24. 2. Miller LA, Mariani CE, Kline P, Tenen TM. Corneal nerve structure, axonemal function. Sci Eye Res. 2003 May;1(2):123-42. 3. Sacchetti M, Lombase A. Diagnosis and management of neurotrophic keratitis. Clin Ophthalmol. 2014;8:571-9. 4. Maus S, Colafanescio V, Semmler F, et al. Nerve Growth Factor in the Developing and Adult Lacrimal Glands of Rat With and Without Inherited Keratitis. Invest Ophthalmol Vis Sci. 2019;60:1143-1148.

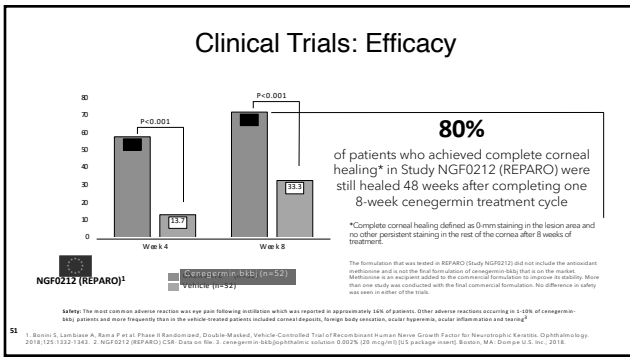
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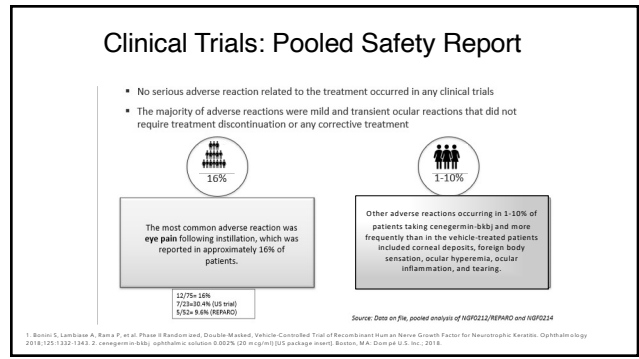
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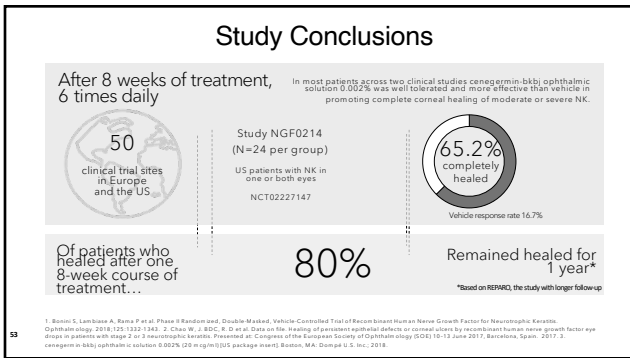
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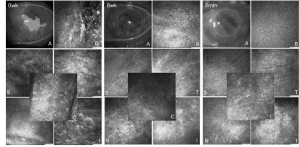
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Recent Research

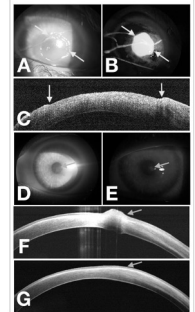
- Pedrotti et al performed a prospective case series, n=18, 14/18 cleared at 8 weeks and stayed clear at 4 and 8 mo follow-up. In vivo corneal microscopy was used to evaluate corneal nerve regeneration.
- Significant peripheral corneal nerve growth and branching was seen at 2 mo, and central advancement across the 8 months. Corneal sensitivity improved. The nerve regeneration was partially visible at 8 weeks and continued after treatment with the hypothesis that the initial growth sustained further regeneration (Journal of Rare Diseases 2022).



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Recent Research

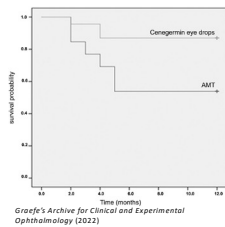
- Bonzano et al evaluated anterior segment OCT in 16 NK patients, half treated with 50% autologous serum and half with cenegermin.
- The corneal wound healing process was followed, including size and depth measured at the thinnest part of the cornea. Mean time to wound closure (slit lamp) was 3.9 weeks +/- 0.5 weeks and 5.9 weeks +/- 1.9 weeks in the AS arm.
- AS-OCT healing process: corneal epithelial hypertrophy, opaque reflective scar tissue followed by improvements in stromal thickness.
- Both treatments both improved NK, but cenegermin resolved quicker, possibly due to peripheral nerve regeneration. (Frontiers in Pharmacology 2022)



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Recent Research

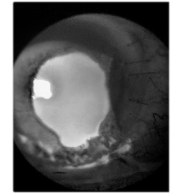
- Sacchetti et al evaluated 2 groups, Amniotic membrane transplant and cenegermin with 12 months f/u. 13/15 AMT and 23/24 cenegermin remained cleared. There was less recurrence in the cenegermin group.
- Patient satisfaction and satisfaction with treatment outcomes were significantly better in the cenegermin group using a specifically designed patient reported satisfaction questionnaire.
- Similar to other studies, there was approximately a 13% recurrence rate. Survival analysis (recurrence) favored cenegermin. BCVA was statistically significantly improved.



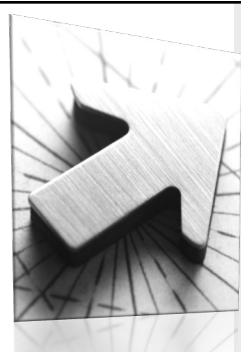
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Treatment Summary

- Neurotrophic keratopathy is caused by a number of conditions
- Severity ranges from diffuse epitheliopathy to corneal ulceration and perforation
- Base treatment on severity stage
- Efficacy of many therapies are based on low level of evidence
- rhNGF is a validated, highly effective FDA-approved therapy that should be considered a first-line option
- A proactive approach to minimize recurrent corneal epithelial breakdown, stromal scarring and thinning and vision loss is recommended



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CASE STUDIES

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Case 1: LASIK NK Case

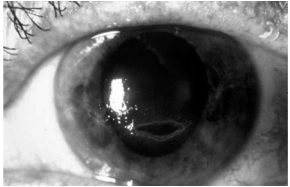
Patient Information	<ul style="list-style-type: none"> • 53-year-old woman • Works in our billing office and sits in front of a computer all day
Medical History	<ul style="list-style-type: none"> • Hx LASIK OU 4-2017 • Hx right side trigeminal neuralgia, 6-2017 had rhizotomy which did not help but resulted in right side facial and eye numbness • Complains of decreased vision <ul style="list-style-type: none"> As the day progresses, her central more than peripheral vision becomes hazy Uses artificial tears and notices it helps her vision for a brief period Feels no pain Later in the day, the vision is so bad she just covers the right eye • Being referred for a large central corneal abrasion OD

Case courtesy of Francis Mah, MD

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Case 1: LASIK NK Case

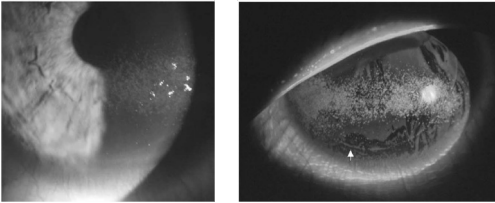
Rx	• Currently using ciprofloxacin 3-4x/day
VA	• OD: 20/40 ph no improvement • OS: 20/40 ph 20/20



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Case 1: LASIK NK Case


- Healed within 2 weeks using ointment QID OD



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Case 1: LASIK NK Case

- However, during the next 12 months, every time she stopped the ointment, she would form another abrasion. She didn't like the ointment because it blurred her vision.
- She developed an abrasion 4 times within the year.
- Self-retaining AMT was used; ointment was used, but she kept breaking down when she decreased the ointment use.
- She was fitted for a scleral lens, but she couldn't tolerate it.
- Finally, we discussed tarsorrhaphy.



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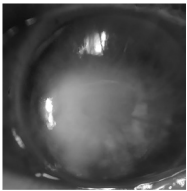
Case 1: LASIK NK Summary

- cenegermin launched in early 2019
- 1/28/2019 we prescribed cenegermin 6 x a day OD
- 2/11/2019 she was approved by her insurance
- 2/20/2019 she started cenegermin
- 2/21/2019 she saw the oculoplastic surgeon to have the tarsorrhaphy taken down
- 3/20/2019 she was already healed
- 6/3/2022 she remains healed on artificial tears; VA 20/25

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Case 2

Patient Information	• 75-year-old man with 3- to 4-month nonhealing epithelial defect
Medical History	• h/o bilateral LASIK • h/o Herpes Zoster Ophthalmicus • 1 previous history of "corneal abrasion" 1 year ago that healed after 2 weeks with aggressive lubrication, antibiotic gtts
Previous Treatments	• BCL • Amniotic Membrane (self retaining) - Prokera x 2 • Autologous serum gtts
Concomitant Medications	• Antibiotic gtts • Artificial tears • Valtrex 1 gm BID
Corneal Sensitivity	• Absent
Diagnosis	• Nonhealing neurotrophic corneal epithelial defect

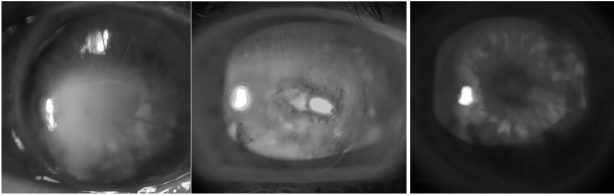


Case courtesy of Marjan Farid, MD

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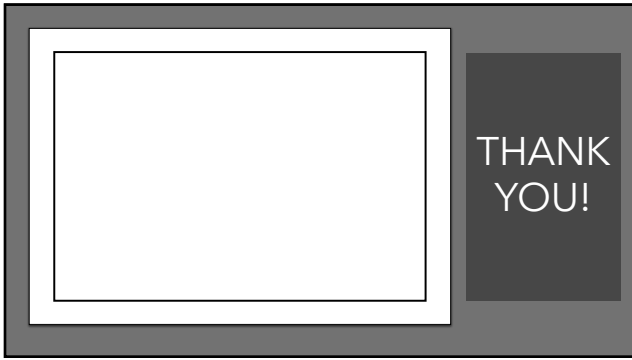
Case 2—what to expect

Baseline	Week 4	Week 8
• >5 mm central lesion, started cenegermin-bkbj	• Central lesion reduced in size, incomplete closure	• Central lesion resolved, slight haze



cenegermin-bkbj clinical trial

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