

Micropulse Laser Trabeculoplasty Yields 75% Success Rate in Glaucoma Patients

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BARCELONA — Micropulse laser trabeculoplasty yielded a success rate of 75% after treatment in patients with primary open angle glaucoma, according to a speaker.

“The benefits of MLT [micropulse laser trabeculoplasty] are that [there are] no steroids, there is no scarring, there is no risk of infection, it is repeatable, it is a well-tolerated office procedure that can be performed under topical anesthesia, it has zero downtime, and it does not affect the success rates of future glaucoma surgeries,” **Jacky W. Y. Lee, MBBS, MRCSEd, FRSCed, FCOphthHK, FHKAM**, said at the European Society of Cataract and Refractive Surgeons meeting.

The MLT technology applies a 577 nm diode laser to 360° of the trabecular meshwork unilaterally. MLT is at work 15% of the time while the laser is at rest 85% of the time, allowing the collateral tissues to cool down and preventing collateral damage, Lee said.

Lee and colleagues conducted a prospective cohort study on 40 eyes with open angle glaucoma with follow-up at 1 week, 1 month and 3 months.

“For safety reasons, we changed medications [to achieve] a 25% reduction [in IOP] from baseline or ... IOP less than 18 mm Hg,” he said.

At 1 month, there was a mean IOP reduction of 24%. At 6 months, there was a mean IOP reduction of 20% and a mean medication reduction of 21%.

“The study is still ongoing and hopefully with more long-term data, we can evaluate whether laser trabeculoplasty can be an alternative treatment,” Lee said. — *by Nhu Te*

<http://www.healio.com/ophthalmology/glaucoma/news/online/%7Bbcc1ebbd-8f82-42e5-891b-6daa3ad5d7d5%7D/micropulse-laser-trabeculoplasty-yields-75-success-rate-in-glaucoma-patients>