The architecture of the corneal stroma

In recent years the evolution of modern refractive surgery has focused attention on the architecture and biological properties of the cornea. In this issue of the *BJO* (p 437) Müller et al address the differential behaviour of the anterior and posterior stroma during corneal swelling and draw interesting conclusions about the factors maintaining corneal shape.

Transparency of the corneal stroma depends particularly on the degree of spatial order of its collagen fibrils which are narrow in diameter and closely packed in a regular array. The collagen fibrils themselves are weak scatterers, since their fibril diameter is less than the wavelength of light, and fibril refractive index is close to that of the ground substance. There is little variation in fibril diameter and separation between the anterior and posterior cornea.

The stromal fibrils are further organised into bundles, or lamellae, of which there are approximately 300 in the central cornea and 500 close to the limbus. The posterior lamellae course directly across the full width of the cornea without a break, having their origins in fibres which wind around the corneoscleral junction or, according to Radecker, have a pseudocircular organisation at the limbus, forming the ligamentum circulare corneae. On the basis of x-ray diffraction studies, about 49% of the stromal lamellae are preferentially aligned orthogonally, along the vertical and horizontal meridians, while about 66% lie within a 45° sector. Fibrils within a lamella are in parallel array, except where branching of lamellae occurs. Branching in the horizontal plane occurs throughout the stroma, whereas anteroposterior branching is found only in the anterior third. The anterior and posterior stroma differ in specific ways. In general the posterior stroma is more ordered, more easily swollen, and has a lower refractive index than the anterior stroma. The posterior lamellae are also wider and thicker (100–200 µm wide and 1.0–2.5 µm thick) than the anterior (0.5–30 µm wide and 0.2–1.2 µm thick). There are also differences in keratocyte morphology. It has long been established that the posterior lamellae of the human corneal stroma are arranged parallel to the plane of the corneal curvature and this feature is recognised to facilitate dissection in lamellar corneal grafting. Dissection of the cornea is, however, not resistance free, suggesting that there are elements which bind the collagen lamellae together. Part of this resistance is likely be due to attachments between the collagen fibrils on the one hand and other matrix proteins such as the proteoglycans or keratoepithelin.

In the anterior stroma, an additional contribution is made by the marked anteroposterior lamellar interweave which has been recognised to be a feature of the corneal architecture since the early part of the century. Here, lamellae can be shown to pass obliquely from one layer to another, sometimes passing across several lamellae to reach their destination. It is likely that such obliquely disposed lamellae have their peripheral origins in the limbus, although this specific question has never been explored directly. A proportion of the anterior lamellae are known to be inserted directly into Bowman’s layer and it has been suggested that the latter contribute to the formation of the anterior corneal mosaic, a normal architectural feature seen at the corneal surface. The anterior corneal mosaic is visible in all normal corneas as a broad polygonal pattern which can be observed after instillation of fluorescein, simply by exerting pressure on the cornea through the closed lids, and observing the fluorescein distribution when the eyes open. This polygonal pattern can be regarded as the most superficial manifestation of a more complex, three dimensional “chicken wire” arrangement of the anterior stromal lamellae.

In this issue, Müller et al elaborate at ultrastructural level, an older, light microscopic observation, that human anterior stroma swells considerably less than the posterior stroma, when corneas are immersed for a prolonged period in saline. In non-nutrient media, at room temperature, where there are no cellular barriers, and no viable cells capable of deswelling the stroma, stromal swelling is due almost entirely to the gel pressure exerted by the stromal proteoglycans, acting as a polyelectrolyte gel. It is the high, negative charge of the glycosaminoglycan (GAG) components of the proteoglycans, that is responsible for this property. Müller et al claim that the anterior stroma, 100–120 µm deep to Bowman’s layer, does not swell perceptibly when the cornea is immersed in water or saline for prolonged periods and that swelling is confined to the posterior stroma. This is a remarkable observation that implies that the anterior stroma has special features which constrain swelling in these conditions, despite the presence of negatively charged proteoglycans here, as in the posterior stroma. These observations are important and need to be confirmed by morphometric measurements of fibril number density (fibril number per unit area) in the respective zones, with special attention to the presence or absence of stromal “lakes”.

There are a number of factors that could explain the findings of Müller et al. As noted above, the morphology of the anterior and posterior stroma differs considerably. Müller et al suggest that the anterior stromal interweave is the chief architectural factor determining the differential swelling behaviour of the stroma. They also suggest that it is...
The anterior stromal architecture is under conditions of extreme hydration likely an important role for this zone in the maintenance of corneal curvature and that this stability is determined by the tight interweave of the stromal lamellae here. It seems a reasonable proposition that the interweave is important in maintaining shape and it seems likely too that it is a determinant of shape, probably by distributing tension over the corneal surface in a manner which could not be achieved by an interlimbal arrangement alone.

One final implication of the human anterior stromal interweave should be considered. It is generally accepted that anterior stromal keratocytes die shortly after the induction of a corneal abrasion. It has reasonably been proposed, by Wilson, that this is due to a FAS-FAS ligand mechanism, in response to IL-1 release from damaged epithelium. However, an alternative explanation could be advanced, that corneal abrasions, by exposing the corneal stroma to the tears, tends to cause stromal swelling. If gel swelling of the anterior stroma is restricted by the stromal interweave, then a rise in anterior stromal hydrostatic pressure would result. We may at least ask ourselves the question, could keratocyte loss be caused by such a rise in pressure—that is, do the keratocytes die because they are “strangled” by the stromal interweave? This could also explain the preferential loss of anterior stromal keratocytes which is said to occur in bullous keratopathy.

What influence does the anterior stromal architecture have on refractive procedures? Müller et al caution that removal of this critical, stable zone of the stroma during phototherapeutic keratectomy (PRK) could lead to later optical problems. This may not be the case for most PRK ablations, since the depth of ablation, say 70 µm deep to the surface of Bowman’s layer, may leave untouched a 50–60 µm zone of the interwoven, anterior region of the stroma, capable of providing some structural rigidity to the newly sculpted zone. As noted by Müller et al, since the combined thickness of the epithelium and Bowman’s layer together, is about 60 µm, a LASIK flap of 160–180 µm will just encompass the interwoven anterior stromal layer (100–120 µm thick). A deeper plane could cut into the interlimbal lamellae of the posterior stroma and, potentially, interfere with the stability of the procedure, much as Müller et al propose. It may be noted, in passing, that Munoz et al devised a method for dealing with wrinkling of the LASIK flap, which involves “rehydration” of the flap with distilled water. It must be supposed that the distilled water swells and stretches a hydratable posterior lamella of the flap to achieve this effect.

In summary, Müller et al have drawn our attention to important structural and functional features of the cornea which are not only important in maintaining corneal curvature, but may also play an important part in determining corneal shape. The realisation of this may have far reaching consequences for our understanding of the corneal response to injury and of the biological response to refractive corneal procedures. It is clearly an area that deserves further attention.

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Discontinuing anticytomegalovirus therapy in patients with cytomegalovirus retinitis and AIDS

Cytomegalovirus (CMV) retinitis is the most common opportunistic ocular infection in patients with the acquired immune deficiency syndrome (AIDS). Before the advent of highly active antiretroviral therapy (HAART), CMV retinitis affected 30% of patients with AIDS at some time during the course of their disease. Cytomegalovirus retinitis is a late stage complication associated with low CD4+ T cell counts, typically less than 50 cells × 10⁹/L. Cytomegalovirus retinitis was rare at CD4+ T cells >100 cells × 10⁹/L. All of the available anti-CMV therapies suppress viral replication, but do not eliminate the virus. Unless immune reconstitution occurs, prolonged suppression of anti-CMV therapy is required. Without immune reconstitution or maintenance therapy, CMV retinitis relapses within 3 weeks. As such, in the pre-HAART era, patients with CMV retinitis required lifetime maintenance anti-CMV therapy.

HAART consists of combination therapy for the human immunodeficiency virus (HIV), with at least three drugs, typically two nucleoside reverse transcriptase inhibitors and either a protease inhibitor or a non-nucleoside reverse transcriptase inhibitor. HAART can result in marked suppression of HIV replication, improvement in immune function, increases in CD4+ T cells, decreases in opportunistic infections, and improved survival. With HAART, there has been a 55–95% reduction in the number of new cases of the CMV retinitis, and the decrease varies depending upon the population being served. However, CMV retinitis continues to occur, albeit at a reduced incidence, and there remains an increasing prevalent population of patients with AIDS and CMV retinitis who have experienced immune reconstitution as a consequence of HAART and are living for substantially longer times.
In addition to the increase in CD4+ T cell counts and the decrease in the incidence of CMV retinitis with HAART, studies have demonstrated the restoration of specific anti-CMV immunity in patients with CMV retinitis who have had immune reconstitution as a consequence of HAART. As such, several investigators have discontinued anti-CMV maintenance therapy in patients with immune reconstitution from HAART. These case series have reported that, as long as immune reconstitution is maintained, CMV retinitis does not relapse, and that the anti-CMV therapy can be discontinued safely.10–15 In this issue of the BJ O (p 471), Curi et al have reported their experience with discontinuing anti-CMV therapy in 41 patients with CMV retinitis who had immune reconstitution. CD4+ T cell counts at the time of diagnosis of the CMV retinitis typically were low, with a median CD4+ T cell count of 42 cells × 10^6/l, and all of the patients experienced immune reconstitution, with a median CD4+ T cell count of 238 cells × 10^6/l at the time when anti-CMV therapy was discontinued. The lowest CD4+ T cell count at that time was 143 cells × 10^6/l. None of the patients suffered relapses of the retinitis, and immune reconstitution was maintained throughout. The median final CD4+ T cell count in this population was 427 cells × 10^6/l, and the lowest was 181 cells × 10^6/l. These results are in accord with other published studies, which have reported that as long as the CD4+ T cell count increases to over 100 cells × 10^6/l, and is maintained over 50 cells × 10^6/l, anti-CMV maintenance therapy can be discontinued safely.10–15 These series by Curi et al the median follow up off anti-CMV therapy was nearly 2 years (21 months), suggesting that as long as immune reconstitution is maintained, anti-CMV therapy can be withheld for prolonged periods of time. Although it is clear that anti-CMV therapy may be discontinued safely in patients who experience immune reconstitution, there are still several issues. The first is the level of CD4+ T cell count to use for discontinuation of anti-CMV therapy. Most investigators have used a level of at least 100 cells × 10^6/l, although some have used 150 cells × 10^6/l. One centre used 50 cells × 10^6/l.13 The report by Curi et al does not enable us to better refine the estimate, as all but one patient had a CD4+ T cell count over 150 cells × 10^6/l at the time of discontinuation of anti-CMV therapy. However, because some series have reported safe discontinuation of anti-CMV therapy in patients with at least 100 cells × 10^6/l, it appears that this level is reasonable. Whether lower levels are as safe remains uncertain.

The second issue is the duration of immune reconstitution before discontinuation of anti-CMV therapy. Restoration of CD4+ T cell counts may occur before the restoration of specific CMV immunity, and cases of CMV retinitis have been reported to occur immediately after introduction of HAART.10 Although investigators have suggested a restoration of CD4+ T cell counts for at least 3–6 months based on estimates of the time to restore specific anti-CMV immunity, most patients in the reported case series have been on HAART for longer time periods before discontinuing anti-CMV therapy. In the series by Curi et al the shortest time on HAART was 5 months, and the median time was 13 months. The third issue is the role of HIV viral load in monitoring patients of anti-CMV therapy. Although suppression of HIV replication to undetectable levels is the goal of antiretroviral therapy, several case series of patients with CMV retinitis have suggested that low levels of HIV replication, as long as the CD4+ T cell count has increased, are not associated with relapse. As such, it appears that immunological reconstitution is necessary for discontinuation of anti-CMV therapy, but that complete suppression of HIV replication may not be. Although ongoing low level HIV replication will probably result in loss of immune reconstitution long term, in the short term it appears that level of immune function is the superior way to focus on when discontinuing anti-CMV therapy. The fourth issue is when to reinstitute anti-CMV therapy. Patients who have experienced an immune reconstitution and had successful discontinuation of anti-CMV therapy have been reported to relapse when immune reconstitution is lost and the CD4+ T cell count falls to <50 cells × 10^6/l.17 As such, it would appear to be prudent to consider reinitiation of anti-CMV therapy when the CD4+ T cell count falls to <50 cells × 10^6/l.

In conclusion, it appears that among patients who experience immune reconstitution as a consequence of HAART, anti-CMV therapy can be discontinued safely for prolonged periods of time. A threshold level of 100–150 cells × 10^6/l for a duration of 3–6 months appears to be a reasonable guideline for discontinuing anti-CMV therapy. Because of the occasional patient who will not recover specific CMV immunity despite an increase in CD4+ T cells, these patients will continue to need regular ophthalmological follow up. In addition, the CD4+ T cell count will need to be followed, as patients may relapse when the CD4+ T cell count falls below 50 cells × 10^6/l. However, as shown in the paper by Curi et al, prolonged immune reconstitution and prolonged periods off anti-CMV maintenance therapy are achievable.

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