

# The effect of 670 nm light on visual function in ageing and age-related macular degeneration

<b>Submission date</b> 24/05/2017	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 27/07/2017	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 27/07/2017	<b>Condition category</b> Eye Diseases	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Photoreceptors are cells found at the back of the eye which convert light to an electric signal. They demand more energy than any other tissue in the body. Unfortunately, as people grow older, the energy-producing units in the cells (mitochondria) become less efficient and produce less energy. This is associated with inflammation which contributes to age-related macular degeneration (AMD) and aging in general. AMD is the most common cause of blindness in the elderly and unfortunately there is no prevention or cure for this. A molecule in the mitochondria can absorb a particular wavelength of light (670nm – which is red) and increase energy production. Studies have also shown that inflammation associated with aging and AMD is reduced by exposure to this red light. The aim of this study is to test whether exposure to 670 nm wavelength light can improve visual function in aging and AMD.

### Who can participate?

Patients with dry AMD and healthy older people

### What does the study involve?

Participants hold a device emitting red light to their eyes for two minutes every day for one year and their visual function is measured before, during and 1, 3, 6 and 12 months after this treatment.

### What are the possible benefits and risks of participating?

This study will show whether exposure to 670 nm light can improve visual function in aging and AMD. There are no known risks.

### Where is the study run from?

Moorfields Eye Hospital (UK)

### When is the study starting and how long is it expected to run for?

January 2017 to February 2019

Who is funding the study?

1. Moorfields Eye Charity (UK)
2. Fight for Sight (UK)

Who is the main contact?

Dr Chrishne Sivapathasuntharam

## Contact information

### Type(s)

Scientific

### Contact name

Dr Chrishne Sivapathasuntharam

### Contact details

Institute of Ophthalmology  
11 to 43 Bath Street  
London  
United Kingdom  
EC1V 9EL

## Additional identifiers

### Protocol serial number

REDA 15/0274

## Study information

### Scientific Title

A pilot study to investigate the effect of 670 nm light on visual function in ageing and age-related macular degeneration

### Study objectives

Photoreceptors demand more energy than other tissue in the body. Unfortunately, as people grow older, mitochondria become less efficient and produce less energy. This is associated with inflammation which contributes to age-related macular degeneration (AMD) and aging in general. AMD is the commonest cause of blindness in the elderly and unfortunately, there is no prevention or cure for this.

A molecule in mitochondria can absorb a particular wavelength of light (670nm – which is red) and increase energy production. This has been shown in different cells, including the retina. Studies have also shown that inflammation associated with aging and AMD is reduced by exposure to this red light.

This is a pilot study to see if exposure to 670 nm wavelength of light can improve visual function in aging and AMD.

### Ethics approval required

Old ethics approval format

## **Ethics approval(s)**

London - Stanmore Research Ethics Committee, 24/01/2017, ref: 16/LO/2022

## **Study design**

Pilot non-randomised study

## **Primary study design**

Interventional

## **Study type(s)**

Treatment

## **Health condition(s) or problem(s) studied**

Dry age-related macular degeneration

## **Interventions**

Participants will hold a device emitting 670 nm light to their eyes for two minutes every day for one year and have their retinal function measured before, during and 1, 3, 6 and 12 months after.

## **Intervention Type**

Device

## **Primary outcome(s)**

Visual function determined by photoreceptor function over time, measured at 1, 3, 6 and 12 months

## **Key secondary outcome(s)**

Measured at 1, 3, 6 and 12 months:

1. Metrics of photoreceptor function, assessed psychophysically and electrophysiologically
2. Visual acuity and low-luminance acuity
3. Light-adapted 30 Hz flicker peak time, measured using a RETeval device
4. Anatomical changes, evaluated using SD OCT, autofluorescence and colour photographs
5. Safety and compliance of 670 nm light exposure

## **Completion date**

02/02/2019

## **Eligibility**

### **Key inclusion criteria**

1. Patients with dry AMD and healthy aged subjects
2. Aged 50 years and above

### **Healthy volunteers allowed**

No

### **Age group**

Adult

**Sex**

All

**Key exclusion criteria**

1. Co-existent ocular disease: any ocular condition is present such that, in the opinion of the investigator, might affect the inflammatory status, visual acuity or cone function during the course of the study
2. A substantial cataract that, in the opinion of the investigator, is likely to be decreasing visual acuity by 3 lines or more (e.g. cataract would be reducing acuity to 6/12 or worse if eye was otherwise normal) and early cataract that might be susceptible to growth under the influence of 670 nm light
3. History of major ocular surgery (including cataract extraction, scleral buckle, any intraocular surgery, etc.) within prior 3 months or anticipated within the next 6 months following enrolment
4. Epilepsy
5. Allergies to adhesives or any other component used

**Date of first enrolment**

29/03/2017

**Date of final enrolment**

02/02/2018

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre****Moorfields Eye Hospital**

162 City Road

London

United Kingdom

EC1V 2PD

**Sponsor information****Organisation**

University College London

**ROR**

<https://ror.org/02jx3x895>

# Funder(s)

## Funder type

Charity

## Funder Name

Moorfields Eye Charity

## Funder Name

Fight for Sight

## Alternative Name(s)

Fight for Sight, Fight for Sight (UK)

## Funding Body Type

Private sector organisation

## Funding Body Subtype

Trusts, charities, foundations (both public and private)

## Location

United Kingdom

# Results and Publications

## Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study is not expected to be made available and will be held with the sponsor.

## IPD sharing plan summary

Not expected to be made available

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">HRA research summary</a>			28/06/2023	No	No