

HANDBOOK OF
**OPTICAL
BIOMEDICAL
DIAGNOSTICS**
SECOND EDITION
Volume 2: Methods

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Table of Contents

<i>Preface</i>	xv
<i>List of Contributors</i>	xix
III Scattering, Fluorescence, Infrared, and Raman Spectroscopy of Tissues	1
<i>Alexander V. Priezzhev and Juergen Lademann</i>	
1 Optical Study of RBC Aggregation in Whole Blood Samples and Single Cells	5
<i>Alexander V. Priezzhev, Kisung Lee, Nikolai N. Firsov, and Juergen Lademann</i>	
1.1 Introduction. Microrheological Structure of Blood: Biophysical and Clinical Aspects	5
1.2 Importance of Quantitative Measurement of Red Blood Cell Aggregation and Deformability Parameters	9
1.3 Arrangement of a Couette-Chamber-Based Laser Backscattering Aggregometer	12
1.3.1 Measurement procedure	13
1.4 Kinetics of the Aggregation and Disaggregation Process in Whole Blood Samples	15
1.4.1 Determination of the characteristic parameters of the aggregation and disaggregation process in whole blood samples	15
1.5 Parameters Influencing the Aggregation and Disaggregation Measurements	16
1.5.1 Effect of blood sample temperature	16
1.5.2 Effect of blood sample oxygenation	18
1.5.3 Effect of sedimentation	19
1.5.4 Effect of hematocrit	19
1.6 Comparison of Aggregation and Disaggregation Measurements with Sedimentation Measurements	20
1.7 Laser Tweezers as a New Tool for Studying RBC Aggregation at the Single-Cell Level	21
1.7.1 Laser tweezers operation principle and experimental arrangement	22
1.7.2 Sample preparation and measurement procedure	24

1.7.2.1	Measurement of the disaggregation force	24
1.7.2.2	Measurement of the aggregation force	25
1.8	Hemorheological Characterization of Various Diseases by Aggregation and Disaggregation Measurements of Blood Samples	26
	References	29
2	Light Scattering Spectroscopy of Epithelial Tissues: Principles and Applications	37
	<i>Lev T. Perelman and Vadim Backman</i>	
2.1	Introduction	37
2.2	Microscopic Architecture of Mucosal Tissues	39
2.2.1	Morphology of the cell	40
2.2.2	Histology of mucosae	44
2.2.3	Introduction to histopathology of early cancer and dysplasia	47
2.3	Principles of Light Scattering	50
2.3.1	Rigorous solution of the direct scattering problem	51
2.3.2	Approximate solutions of the scattering problem	53
2.3.3	Numerical solutions of the scattering problem	58
2.4	Light Scattering by Cells and Subcellular Structures	59
2.5	Light Transport in Superficial Tissues	66
2.6	Detection of Cancer with Light Scattering Spectroscopy	70
2.6.1	Diagnosis of early cancer and precancerous lesions with diffusely scattered light	71
2.6.2	Diagnosis of early cancer and precancerous lesions with single-scattered light	77
2.6.3	Imaging of early cancer and precancerous lesions with an endoscopic polarized scanning spectroscopy instrument	83
2.7	Confocal Light Absorption and Scattering Spectroscopic Microscopy	88
	Acknowledgments	92
	References	92
3	Reflectance and Fluorescence Spectroscopy of Human Skin <i>in vivo</i>	99
	<i>Yuri P. Sinichkin, Nikiforos Kollias, George I. Zonios, Sergei R. Utz, and Valery V. Tuchin</i>	
3.1	Introduction	99
3.2	Human-Skin Back Reflectance and Autofluorescence Spectra Formation	100
3.2.1	Diffuse reflectance spectrum	100
3.2.2	Autofluorescence spectra	105
3.3	Simple Optical Models of Human Skin	112
3.3.1	Simple skin model for reflectance analysis	112
3.3.2	Simple skin model for autofluorescence analysis	115

3.4	Combined Reflectance and Fluorescence Spectroscopy Method for <i>in vivo</i> Skin Examination	118
3.4.1	Correction of the internal absorption effect in fluorescence emission	118
3.4.2	Determination of melanin and erythema indices	119
3.4.3	Monitoring of hemoglobin oxygenation	122
3.5	Color Perception of Human-Skin Back Reflectance and Fluorescence Emission	127
3.5.1	Color analysis of reflectance and fluorescence spectra	128
3.5.2	Color imaging	133
3.6	Polarization Reflectance Spectroscopy	136
3.7	Polarization Imaging	139
3.8	Sunscreen Evaluation using Reflectance and Fluorescence Spectroscopy	143
3.9	Control of Skin Optical Properties	147
3.9.1	Introduction	147
3.9.2	Skin compression and stretching	148
3.9.3	Immersion optical clearing	151
3.9.3.1	<i>In vitro</i> spectrophotometry	155
3.9.3.2	<i>In vivo</i> spectral reflectance measurement	159
3.9.3.3	Frequency-domain measurements	161
3.9.4	Skin blood flow imaging	163
3.9.5	OCT imaging	163
3.9.6	Confocal microscopy	164
3.9.7	Fluorescence and Raman signal detection	165
3.9.8	Second harmonic generation	166
3.9.9	Skin heating	167
3.9.10	UV radiation	168
3.9.11	Applications	168
3.9.12	Conclusion	170
	Conclusion	170
	Acknowledgments	170
	References	171
4	Infrared and Raman Spectroscopy of Human Skin <i>in vivo</i>	191
	<i>Gerald W. Lucassen, Peter J. Caspers, Gerwin J. Puppels, Maxim E. Darwin, and Juergen Lademann</i>	
4.1	Introduction: Basic Principles of IR and Raman Spectroscopy	191
4.2	Fourier Transform Infrared Spectroscopy of Human-Skin Stratum Corneum <i>in vivo</i>	193
4.2.1	Experimental ATR-FTIR setup	195
4.2.2	Human-skin stratum corneum spectra and band assignments	196
4.2.3	ATR-FTIR spectrum of water	198

4.2.3.1	Water bending mode and low-wave-number region	199
4.2.4	Stratum corneum hydration measurements	200
4.2.4.1	OH stretch region	200
4.2.4.2	Fit on water spectrum	201
4.2.5	Band analysis of hydrated and normal skin	202
4.2.5.1	Penetration depth of the IR beam	205
4.2.5.2	Fits of the hydrated-skin stratum corneum spectra	206
4.2.5.3	Comparison with MF and IR absorbance ratio	207
4.3	Confocal Raman Microspectroscopy of Human Skin <i>in vivo</i>	209
4.3.1	Setup for <i>in vivo</i> confocal Raman microspectroscopy	211
4.3.2	Water and natural moisturizing factor in human skin epidermis	215
4.3.3	Raman spectra of human skin constituents <i>in vitro</i>	215
4.3.4	Profiling the water content and NMF content in human skin <i>in vivo</i>	219
4.3.4.1	Water	219
4.3.4.2	NMF	221
4.4	Resonance Raman Spectroscopy of Cutaneous Carotenoids <i>in vivo</i>	223
4.4.1	Properties and role of cutaneous carotenoids	223
4.4.2	Setup for <i>in vivo</i> resonance Raman spectroscopy of carotenoids	225
4.4.3	Selective detection of carotenoids in the human skin	226
4.4.4	<i>In vivo</i> measurements of the influence of UV irradiation on human skin	228
4.4.5	<i>In vivo</i> measurements of the influence of IR irradiation on human skin	229
4.4.6	<i>In vivo</i> measurements of the influence of VIS irradiation on human skin	229
4.4.7	Factors influencing the concentration of carotenoids in human skin	230
4.4.8	Distribution of carotenoids in human skin	230
4.4.9	Conclusions	231
	Acknowledgments	231
	References	231
5	Fluorescence Technologies in Biomedical Diagnostics	241
	<i>Herbert Schneckenburger, Wolfgang S. L. Strauss, Karl Stock, and Rudolf Steiner</i>	
5.1	Introduction	241
5.1.1	Fundamentals	241
5.1.2	Potential diagram	242
5.1.3	Jablonski diagram and kinetic rates	243
5.1.4	Fluorescence anisotropy	244
5.2	Intrinsic and Extrinsic Fluorescence	245

5.2.1	Intrinsic fluorophores	245
5.2.2	Fluorescent markers	246
5.3	Spectroscopic, Microscopic, and Imaging Techniques	248
5.3.1	Fluorescence spectroscopy	248
5.3.2	Fluorescence microscopy	250
5.3.3	Imaging techniques	252
5.4	Time-Resolved Fluorescence Spectroscopy and Imaging	254
5.4.1	Time-correlated single photon counting	254
5.4.2	Phase fluorometry	256
5.4.3	Time-gated fluorescence spectroscopy	258
5.4.4	Time-resolved fluorescence imaging	259
5.5	Total Internal Reflection Fluorescence Spectroscopy and Microscopy (TIRFS/TIRFM)	262
5.5.1	Theory of TIRFS/TIRFM	263
5.5.2	Technical set-up	264
5.5.3	Combination of TIRFS/TIRFM with innovative fluorescence microscopic techniques	266
5.5.4	Application of TIRFS/TIRFM in cell biology	267
5.6	Energy Transfer Spectroscopy	268
5.6.1	Basic mechanisms	268
5.6.2	FRET applications	271
5.7	Wide-Field 3D Microscopy	273
5.7.1	Structured illumination	273
5.7.2	Light sheet fluorescence microscopy (LSFM)	274
5.8	Laser Scanning and Multiphoton Microscopy	275
5.8.1	Introduction	275
5.8.2	Performance of confocal laser scanning microscopes	276
5.8.3	Applications of CLSM	280
5.8.4	Multiphoton microscopy	281
5.8.5	Super-resolution and single-molecule detection	284
5.9	Concluding Remarks	287
	References	287
 IV Coherent-Domain Methods for Biological Flows and Tissue Structure Monitoring		 305
	<i>J. David Briers and Sean J. Kirkpatrick</i>	
 6 Laser Speckles, Doppler, and Imaging Techniques for Blood and Lymph Flow Monitoring		 309
	<i>Ivan V. Fedosov, Yoshihisa Aizu, Valery V. Tuchin, Naomichi Yokoi, Izumi Nishidate, Vladimir P. Zharov, and Ekaterina I. Galanzha</i>	
6.1	Introduction	309
6.2	Doppler and Speckle Techniques	314

6.2.1	Laser Doppler technique	314
6.2.2	Laser speckle technique	315
6.2.3	Interrelation	316
6.3	Two-Wavelength Near-Infrared Speckle Imaging	317
6.3.1	Optical system	317
6.3.2	Frame-rate analysis of blood flow	318
6.3.3	Blood flow measurements in humans	319
6.3.4	Blood flow measurements in rats	320
6.3.5	Simultaneous monitoring of blood flow and concentration	320
6.3.6	Measurements for humans	322
6.3.7	Experiments on rats	323
6.4	Low-Coherence Speckle Interferometry	325
6.5	Quantitative Characterization of Blood Flow Rate	327
6.5.1	The use of laser Doppler anemometry for measurements of absolute blood flow velocity	327
6.5.2	Intravital particle image velocimetry of capillary blood flow	333
6.6	Intravital Microscopy (IM) for Monitoring Blood and Lymph Flows	337
6.7	Intravital Transmission Digital Microscopy (ITDM)	338
6.8	Intravital Fluorescent Digital Microscopy (IFDM)	339
6.9	Optical Clearing	340
6.10	<i>In vivo</i> Flow Cytometry	340
6.11	<i>In vivo</i> Lymph Flow Cytometry (LFC)	343
6.12	Animal Models	343
6.13	Biomedical Applications	346
6.13.1	Optical lymphography	346
6.13.1.1	Indocyanine Green (ICG) lymphography	347
6.13.1.2	Integrated fluorescent angio- and lymphography	347
6.13.1.3	Monitoring lymph flow profile	347
6.13.2	<i>In vivo</i> label-free imaging of lymphatic function	348
6.13.2.1	Lymph flow	349
6.13.2.2	Experimental lymphedema	350
6.13.2.3	Nicotine intoxication	351
6.13.2.4	Nitric oxide	352
6.13.2.5	High-power laser-induced thermal effects on lymph vessels	352
6.13.3	<i>In vivo</i> flow cytometry	353
6.13.3.1	Label-free image flow cytometry	353
6.13.3.2	<i>In vivo</i> lymph and blood fluorescent flow cytometry	357
6.14	Summary	362
	Acknowledgments	362
	References	363

7 Real-Time Imaging of Microstructure and Function Using Optical Coherence Tomography	385
<i>Christine P. Hendon and Andrew M. Rollins</i>	
7.1 Introduction	385
7.2 Optical Coherence Tomography Principles	386
7.2.1 Time-domain OCT	388
7.2.2 Frequency-domain OCT	389
7.2.2.1 Spectrometers	393
7.2.2.2 Light sources	394
7.3 Functional Imaging	396
7.3.1 Doppler OCT	396
7.3.2 Polarization-sensitive OCT	397
7.4 Applications of OCT	398
7.4.1 Ophthalmology	398
7.4.2 Cardiology	400
7.4.3 Oncology	406
7.5 Conclusions	411
References	412
8 Speckle Technologies for Monitoring and Imaging Tissues and Tissue-Like Phantoms	429
<i>Dmitry A. Zimnyakov, Olga V. Ushakova, David J. Briers, and Valery V. Tuchin</i>	
8.1 Introduction	429
8.2 Diffusing-Wave Spectroscopy (DWS) as a Tool for Tissue Structure and Cell Flow Monitoring	430
8.3 Laser Speckle Contrast Analysis (LASCA) for Measuring Blood Flow	442
8.3.1 Statistical properties of laser speckle	442
8.3.2 Time-varying speckle	442
8.3.3 Full-field methods	443
8.3.4 Single-exposure speckle photography	444
8.3.5 Laser speckle contrast analysis (LASCA)	444
8.3.6 The question of speckle size	445
8.3.7 Theory	446
8.3.8 Practical considerations	448
8.3.9 Early applications of the LASCA technique	449
8.3.10 Important developments of the basic LASCA technique	450
8.3.11 Conclusions	452
8.4 Modification of Speckle Contrast Analysis to Improve Depth Resolution and to Characterize Scattering Properties of a Probed Medium	453
8.5 Various Modifications of Laser Speckle Contrast Imaging	463

8.6	Imaging Using Contrast Measurements of Partially Developed Speckles	467
8.7	Monitoring Tissue Thermal Modification with a Bundle-Based Full-Field Speckle Analyzer	470
8.8	Summary	486
	Acknowledgments	487
	References	487
9	Optical Assessment of Tissue Mechanics	497
	<i>Sean J. Kirkpatrick, Donald D. Duncan, Brendan F. Kennedy, and David D. Sampson</i>	
9.1	Introduction	499
9.2	Introduction to Prior Edition	499
9.3	Tissue Mechanics and Medicine	500
9.3.1	Dermatology	501
9.3.2	Oncology	501
9.3.3	Ophthalmology	502
9.3.4	Cardiology	504
9.3.5	Other application areas	504
9.4	Constitutive Relations in Biological Tissues	505
9.5	Laser Speckle Patterns Arising from Biological Tissues	511
9.5.1	First-order statistics	512
9.5.2	Second-order statistics	514
9.6	Elastography Measurements by Tracking and Translating Laser Speckle: The Transform Method	515
9.6.1	Potential error sources	521
9.6.2	Applications of laser speckle elastography to hard and soft tissues	522
9.7	Alternative Processing Algorithms for Calculating Speckle Shift	526
9.7.1	Non parametric speckle shift estimators	526
9.7.2	Parametric speckle shift estimators	527
9.7.2.1	A minimum mean square error estimator	528
9.8	Expanding to Higher Dimensions	531
9.9	What is Really Measured in Laser Speckle-Tracking Elastography?	534
9.9.1	Lagrangian description of motion of particles in object space	534
9.9.2	Relationship between elastograms and SEDFs	536
9.10	<i>In vivo</i> Laser-Speckle-Tracking Optical Elastography	538
9.11	Performance Comparisons	538
9.12	Generalizations	541
9.13	Elastography of Tissues with Optical Coherence Tomography	544

9.13.1	Variants of OCE	547
9.13.1.1	Compression OCE	548
9.13.1.2	Surface wave/shear wave OCE	549
9.13.2	OCE probes	550
9.14	Acoustically Modulated Speckle Imaging	550
9.15	Conclusions	553
	References	553
10	Optical Clearing of Tissues: Benefits for Biology, Medical Diagnostics, and Phototherapy	565
	<i>E. A. Genina, A. N. Bashkatov, Yuri P. Sinichkin, I. Yu. Yanina, and V. V. Tuchin</i>	
10.1	Fundamentals of Optical Clearing (OC) of Tissues and Cells	565
10.2	Immersion OC	568
10.3	Compression OC	581
10.4	Photochemical, Thermal, and Photothermal OC	585
10.5	Applications of Optical Clearing	587
10.5.1	Optical coherence tomography	587
10.5.2	Optical projection tomography	593
10.5.3	Fluorescence imaging	594
10.5.4	Photoacoustic imaging	597
10.5.5	Nonlinear and Raman microscopy	600
10.5.6	Terahertz spectroscopy	603
10.6	Determination of OCA and Drug Diffusion Coefficients in Tissues	604
10.7	Conclusion	610
	Acknowledgments	610
	References	610
	<i>Index</i>	639

Preface

This *Handbook* is the second edition of the monograph initially published in 2002. The first edition described some aspects of laser–cell and laser–tissue interactions that are basic for biomedical diagnostics and presented many optical and laser diagnostic technologies prospective for clinical applications. The main reason for publishing such a book was the achievements of the last millennium in light scattering and coherent light effects in tissues, and in the design of novel laser and photonics techniques for the examination of the human body. Since 2002, biomedical optics and biophotonics have had rapid and extensive development, leading to technical advances that increase the utility and market growth of optical technologies. Recent developments in the field of biophotonics are wide-ranging and include novel light sources, delivery and detection techniques that can extend the imaging range and spectroscopic probe quality, and the combination of optical techniques with other imaging modalities.

The innovative character of photonics and biophotonics is underlined by two Nobel prizes in 2014 awarded to Eric Betzig, Stefan W. Hell, and William E. Moerner “for the development of super-resolved fluorescence microscopy” and to Isamu Akasaki, Hiroshi Amano, and Shuji Nakamura “for the invention of efficient blue light-emitting diodes which has enabled bright and energy-saving white light sources.” The authors of this *Handbook* have a strong input in the development of new solutions in biomedical optics and biophotonics and have conducted cutting-edge research and developments over the last 10–15 years, the results of which were used to modify and update early written chapters. Many new, world-recognized experts in the field have joined the team of authors who introduce fresh blood in the book and provide a new perspective on many aspects of optical biomedical diagnostics.

The optical medical diagnostic field covers many spectroscopic and laser technologies based on near-infrared (NIR) spectrophotometry, fluorescence and Raman spectroscopy, optical coherent tomography (OCT), confocal microscopy, optoacoustic (photoacoustic) tomography, photon-correlation spectroscopy and imaging, and Doppler and speckle monitoring of biological flows.^{1–45} These topics—as well as the main trends of the modern laser diagnostic techniques, their fundamentals and corresponding basic research

on laser–tissue interactions, and the most interesting clinical applications—are discussed in the framework of this Handbook. The main unique features of the book are as follows:

1. Several chapters of basic research that discuss the updated results on light scattering, speckle formation, and other nondestructive interactions of laser light with tissue; they also provide a basis for the optical and laser medical diagnostic techniques presented in the other chapters.
2. A detailed discussion of blood optics, blood and lymph flow, and blood-aggregation measurement techniques, such as the well-recognized laser Doppler method, speckle technique, and OCT method.
3. A discussion of the most-recent prospective methods of laser (coherent) tomography and spectroscopy, including OCT, optoacoustic (photoacoustic) imaging, diffusive wave spectroscopy (DWS), and diffusion frequency-domain techniques.

The intended audience of this book consists of researchers, postgraduate and undergraduate students, biomedical engineers, and physicians who are interested in the design and applications of optical and laser methods and instruments for medical science and practice. Due to the large number of fundamental concepts and basic research on laser–tissue interactions presented here, it should prove useful for a much broader audience that includes students and physicians, as well. Investigators who are deeply involved in the field will find up-to-date results for the topics discussed. Each chapter is written by representatives of the leading research groups who have presented their classic and most recent results. Physicians and biomedical engineers may be interested in the clinical applications of designed techniques and instruments, which are described in a few chapters. Indeed, laser and photonics engineers may also be interested in the book because their acquaintance with a new field of laser and photonics applications can stimulate new ideas for lasers and photonic devices design. The two volumes of this *Handbook* contain 21 chapters, divided into four parts (two per volume):

- Part I describes the fundamentals and basic research of the extinction of light in dispersive media; the structure and models of tissues, cells, and cell ensembles; blood optics; coherence phenomena and statistical properties of scattered light; and the propagation of optical pulses and photon-density waves in turbid media. Tissue phantoms as tools for tissue study and calibration of measurements are also discussed.
- Part II presents time-resolved (pulse and frequency-domain) imaging and spectroscopy methods and techniques applied to tissues, including optoacoustic (photoacoustic) methods. The absolute quantification of the main absorbers in tissue by a NIR spectroscopy method is discussed. An example biomedical application—the possibility of monitoring brain activity with NIR spectroscopy—is analyzed.

- Part III presents various spectroscopic techniques of tissues based on elastic and Raman light scattering, Fourier transform infrared (FTIR), and fluorescence spectroscopies. In particular, the principles and applications of backscattering diagnostics of red blood cell (RBC) aggregation in whole blood samples and epithelial tissues are discussed. Other topics include combined back reflectance and fluorescence, FTIR and Raman spectroscopies of the human skin *in vivo*, and fluorescence technologies for biomedical diagnostics.
- The final section, Part IV, begins with a chapter on laser Doppler microscopy, one of the representative coherent-domain methods applied to monitoring blood in motion. Methods and techniques of real-time imaging of tissue ultrastructure and blood flows using OCT is also discussed. The section also describes various speckle techniques for monitoring and imaging tissue, in particular, for studying tissue mechanics and blood and lymph flow.

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Valery V. Tuchin
April 2016

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HANDBOOK OF
**OPTICAL
BIOMEDICAL
DIAGNOSTICS**
SECOND EDITION
Volume 2: Methods

Part III: Scattering, Fluorescence, Infrared, and Raman Spectroscopy of Tissues

This part of the *Handbook* describes the basic principles and diagnostic applications of optical techniques based on detecting and processing the scattering, fluorescence, FT IR, and Raman spectroscopic signals from various tissues, with an emphasis on blood, epithelial tissues, and human skin.

Chapter 1 covers the approaches to quantitative measurement of the spontaneous aggregation kinetics of red blood cells in whole blood samples and the biophysical and clinical importance of these measurements. It is shown that real-time measurement of the backscattered light intensity provides information on a number of important characteristics of blood related to the hemorhological status of the donor. Although there are a number of parameters influencing the aggregation and disaggregation measurements, statistically significant correlations with different diseases can be obtained that have high diagnostic value for clinicians. The relation of blood aggregation and sedimentation measurements is also discussed. It is shown that the new emerging modality of laser manipulation and trapping (laser tweezers) is very helpful when studying the individual features of interaction between cells, measuring the corresponding forces and the kinetics of cells aggregation and disaggregation.

Chapter 2 overviews the principles and applications of light scattering spectroscopy of epithelial tissues. It describes novel techniques capable of identifying and characterizing pathological changes in these tissues at the cellular and sub-cellular levels and providing structural and functional information about the tissue. The discussion is focused on studying epithelial morphology in living tissues without tissue removal aiming at noninvasive or minimally invasive detection of precancerous and early cancerous changes in a variety of organs such as esophagus, colon, uterine cervix, oral cavity, lungs,

and urinary bladder. The main goal of this chapter is to provide the readers with basic tools necessary to understand the potentials of biomedical light scattering spectroscopy, including sufficient medical and biological background and principles of light scattering by cells and sub-cellular structures. The relation of single and multiple scattering in tissue is particularly considered. Finally, the applications of various types of light scattering in detection of early cancer and precancerous conditions are reviewed. In addition, several recently developed clinical tools are described including the endoscopic polarized scanning spectroscopy (EPSS) instrument, which is compatible with existing endoscopes. It scans large areas of the esophagus chosen by the physician and has the software and algorithms necessary to obtain quantitative, objective data about tissue structure and composition, which can be translated into diagnostic information in real time. This process enables the physician to take confirming biopsies at suspicious sites and minimize the number of biopsies taken at nondysplastic sites. Another newly developed technique, called confocal light absorption and scattering spectroscopic (CLASS) microscopy, combines light-scattering spectroscopy (LSS) with confocal microscopy. In CLASS microscopy, light-scattering spectra are the source of the contrast. Another important aspect of LSS is its ability to detect and characterize particles well beyond the diffraction limit.

Chapter 3 discusses the applications of reflectance and fluorescence spectroscopies for the assessment of the optical properties of human skin in relation to different diseases, environmental factors, and the effectiveness of various treatments. Applied to the skin *in vivo*, these techniques provide information on the structure of epidermis and dermis, on the quantity and density of blood vessels, on the concentration and spatial distribution of chromophores and fluorophores in skin, and on the nature of skin metabolic processes. The authors discuss the potential advantages and possible applications of the combined use of reflectance and fluorescence spectroscopy of skin for the evaluation of erythema and pigmentation indices, the determination of hemoglobin oxygenation and concentration, and the investigation of the efficacy of topical sunscreens. Simple models are used to analyze changes in skin reflectance and fluorescence spectra as a result of morphological and functional alterations in skin, or as a result of treatment effects. Such changes can be monitored by imaging techniques, in particular, in polarized light and analyzing the color characteristics of the reflected light. Ways to improve the accuracy of skin diagnostics and the efficiency of skin therapy by analyzing and controlling the skin optical parameters are also discussed in this chapter. In particular, the authors demonstrate how to control the sensitivity of skin reflectance spectra by compression and stretching. A special emphasis is made on the potentialities of immersion optical clearing and corresponding decrease in the scattering coefficient in tissue studies. Ways to raise the efficiency of optical clearing, e.g., by

accelerating the penetration of the index-matching compounds by enhancing skin permeability through creating a lattice of microzones (islets) of limited thermal damage in the stratum corneum, are also discussed.

Chapter 4 discusses the basic principles and potentialities of *in vivo* diagnostics of human skin by vibrational spectroscopic techniques, namely, Fourier transform infrared spectroscopy and confocal Raman microspectroscopy. The detailed information on the molecular composition, structure, and organization of the skin and, in particular, the content of water and natural moisturizing factor in human skin epidermis that can be obtained with these techniques is highlighted. The results of the research, reviewed in this chapter, provide the means for various applications of these techniques in cosmetics, pharmacology, clinical diagnosis, treatment monitoring, and surgery. A large part of the chapter is devoted to the resonance Raman spectroscopy of cutaneous carotenoids. These substances form an antioxidant network of living skin and quick *in vivo* measurement of their amount in skin is very important when estimating the status of a human organism. Distribution of carotenoids in the human skin and the factors influencing their concentration are discussed.

Finally, Chapter 5 overviews different fluorescence technologies used in biomedical diagnostics. It provides information on the basic principles of fluorescence spectroscopy, microscopy, and imaging, including the continuous-wave, time-gated, and time-resolved variants. Theory and applications to cell biology of total internal reflection fluorescence spectroscopy and microscopy, energy transfer spectroscopy and wide-field 3D microscopy (including structured illumination and light sheet microscopies) are described in detail. This is followed by a discussion of the principles as well as current and possible future applications of laser scanning and multiphoton microscopy. In the last part of the chapter, the super-resolution and single-molecule detection possibilities are briefly discussed.

Overall, the chapters provide readers with knowledge of a very important and quickly developing field of optical biomedical diagnostics.

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