Advanced Microscopy Course 2011
Introductory Lecture

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Program 2011:

Day 1: Mon 14 March - Fundamental Principles of Microscopy

1	Richard	10.15-11.15	General introduction to light microscopy
2	Ian	11.15-12.30	Principles of microscopy and microscope anatomy
3	Ian	1.30-2.30	Contrast enhancement (phase contrast and DIC)
4	Ilan	2.30-3.30	Basic Fluorescence Microscopy
5	Richard	4.00-5.00	Basic image analysis

Day 2: Tues 15 March - Imaging Molecules in Cells

6	Mark	9.00-10.00	Fluorescent dyes and proteins
7	Richard	10.00-11.00	Live cell imaging
8	Jordan	11.20-12.20	Confocal, spinning discs and Multiphotons
9	Ilan	1.30-2.30	Advanced widefield microscopy design (and OMX)
10	Ian	2.30-3.30	Detectors for microscopy
11	Ian	4.00-5.00	F* techniques: FRET, FLIM, FCS, FRAP, FLIP

Day 3: Wed 16 March - New and emerging Imaging Approaches

12	Mark	9.00-10.00	Single molecule techniques
13	Ilan	10.00-11.00	Breaking the limits: OMX, STED, SPIM, PALM
14	Ian	11.30-12.30	Building bespoke microscopes; image storage
15	Graeme	1.30-2.30	Applied Image analysis and Matlab
ALL		2.30-3.30	Micron and the self-taught practical exercises
ALL		4.00-5.00	Questions and Discussion
		6.00	Drinks & nibbles and informal discussions

Goals of the lecture course

- The basic physics of optics and microscopes
- Explanation of how the light microscope works
- Make you aware of what is really important to good microscopy
- Explain of how to get the best from your microscope:

  - Specimen preparation and histochemica stains
  - Contrast enhancement, phase and DIC
  - Fluorescence for detecting specific molecules
  - Digital acquisition and deblurring images

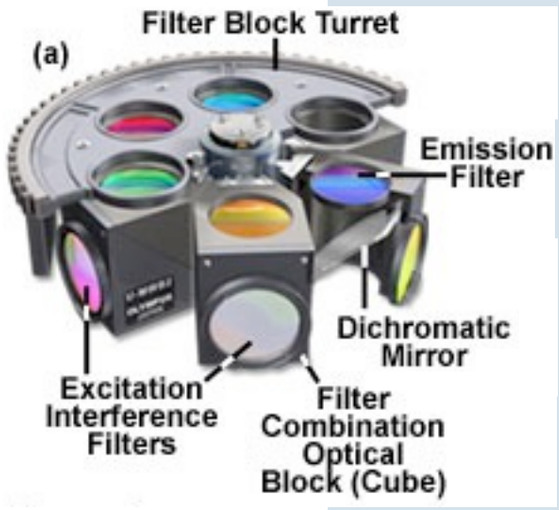
Why do we need to understand microscopy?

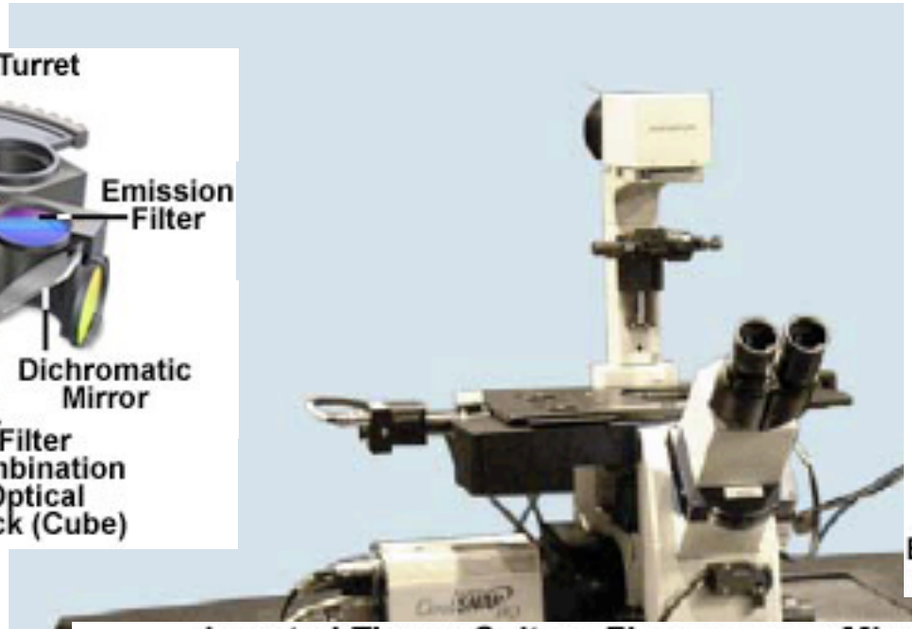
• If you understand the principles involved then it is easy to understand how to get the best from your microscope.

• Microscopes work purely to the laws of optical physics - there is no witchcraft!

• All the buttons and levers and knobs actually serve a purpose - don’t mess with them if you don’t understand!

Understanding what goes on in the Microscope





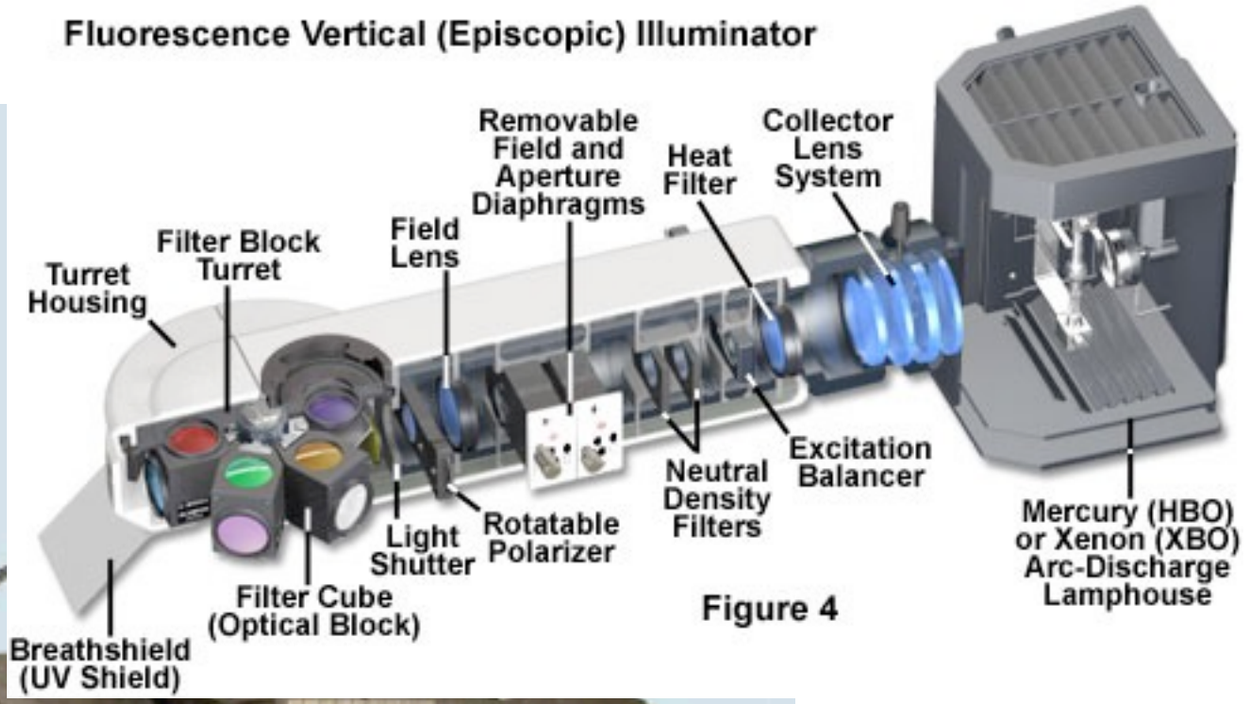


Figure 4

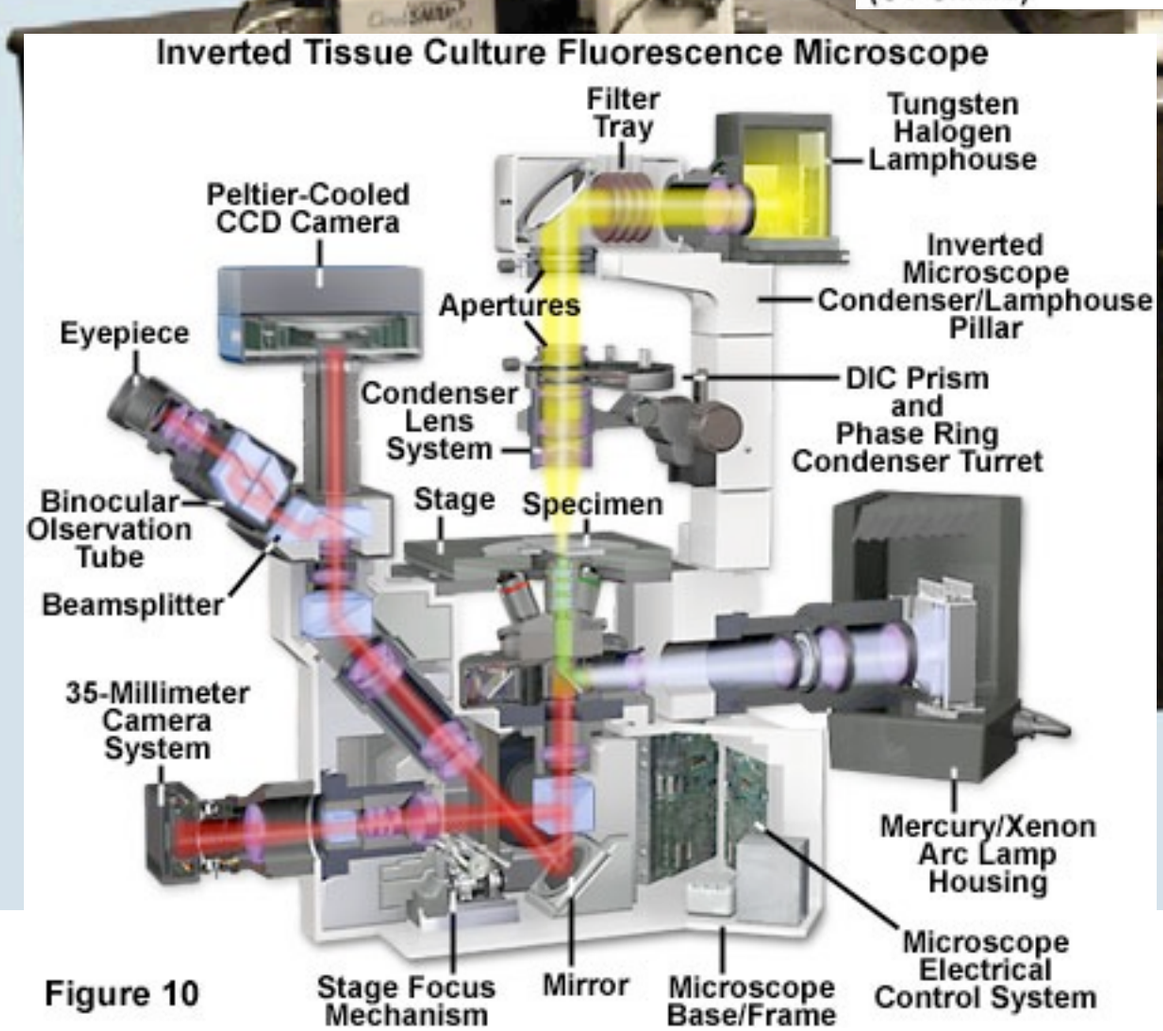


Figure 10

LECTURE 4

What can you do with a microscope?

100 years ago:

Magnify small things to visualise more details.

Now:

Image specific molecules inside cells.

Follow changes in the distribution of molecules or the morphology of cells over time.

Determine how close molecules are to each other within cells

Useful size range for light microscopy

We use the light microscope to image structures and substructures within this range: from about 300 μm down to about 0.3 μm (300 nm)

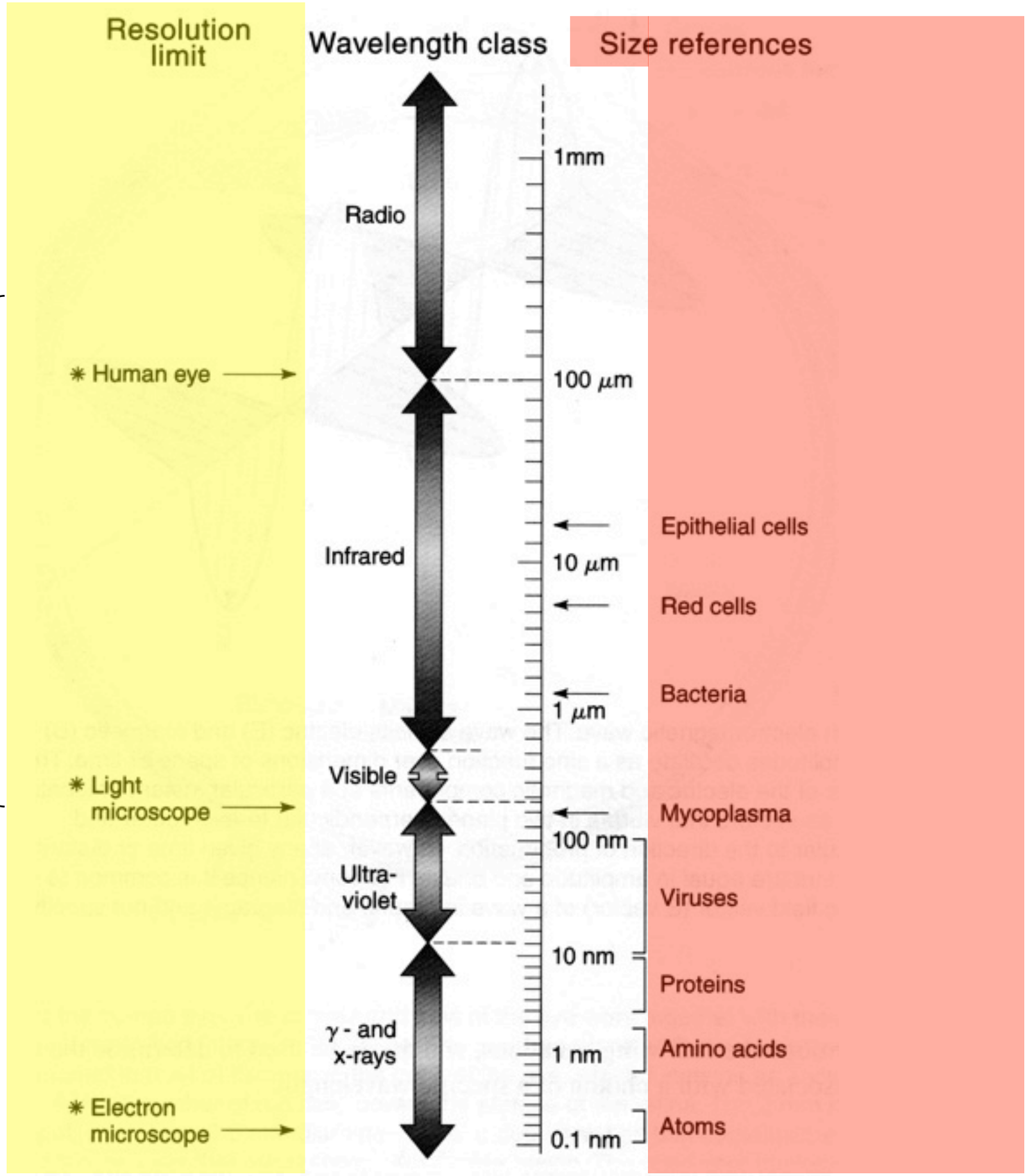
Eukaryote = 10 um
50 um

Bacterium = 1 um

Single GFP = 5 nm

Fluorescein = 1 nm

(1 nm = 10 Angstom)



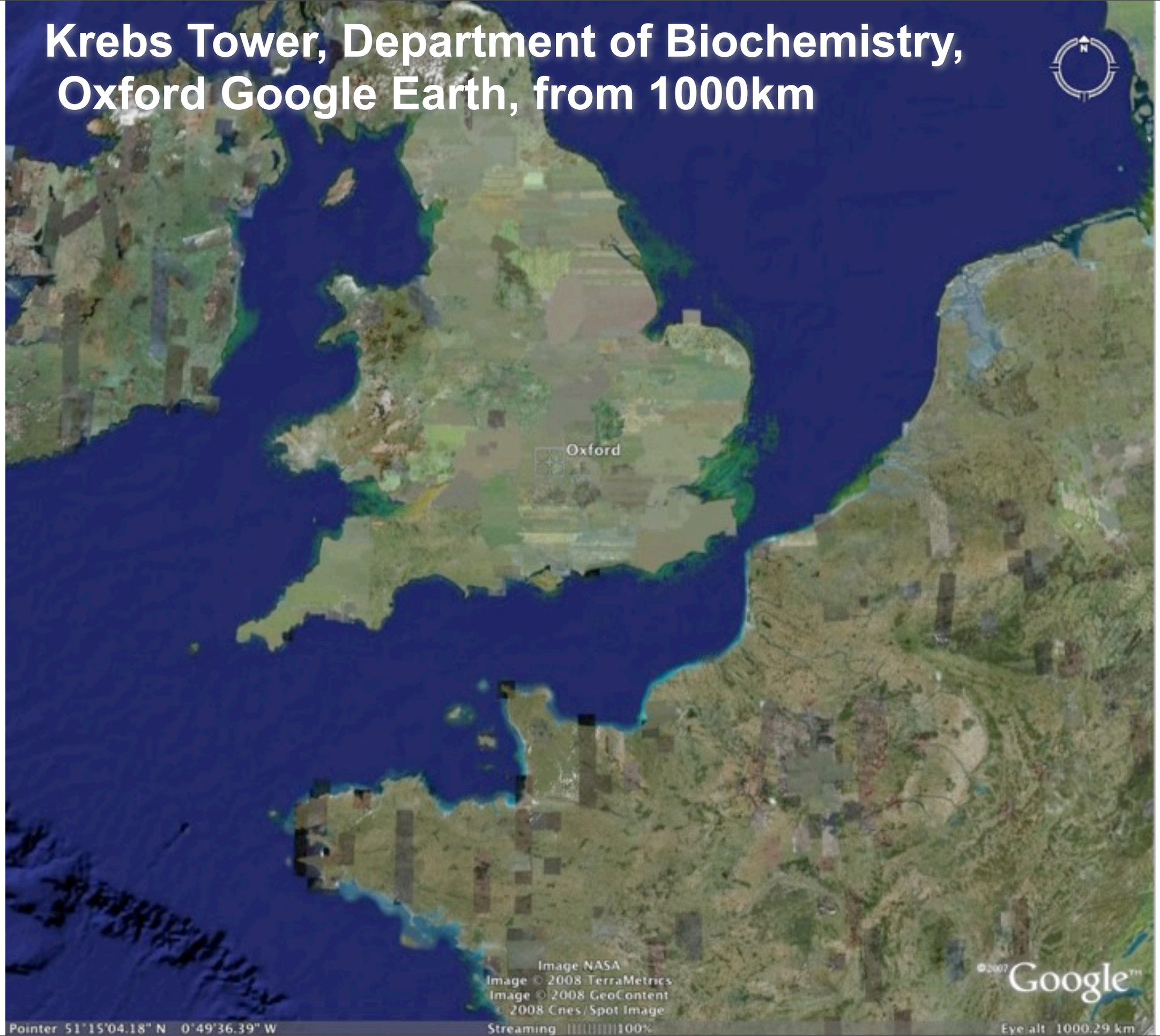
What is important in microscopy?

1. Resolution
2. Sampling
3. Contrast
4. Noise

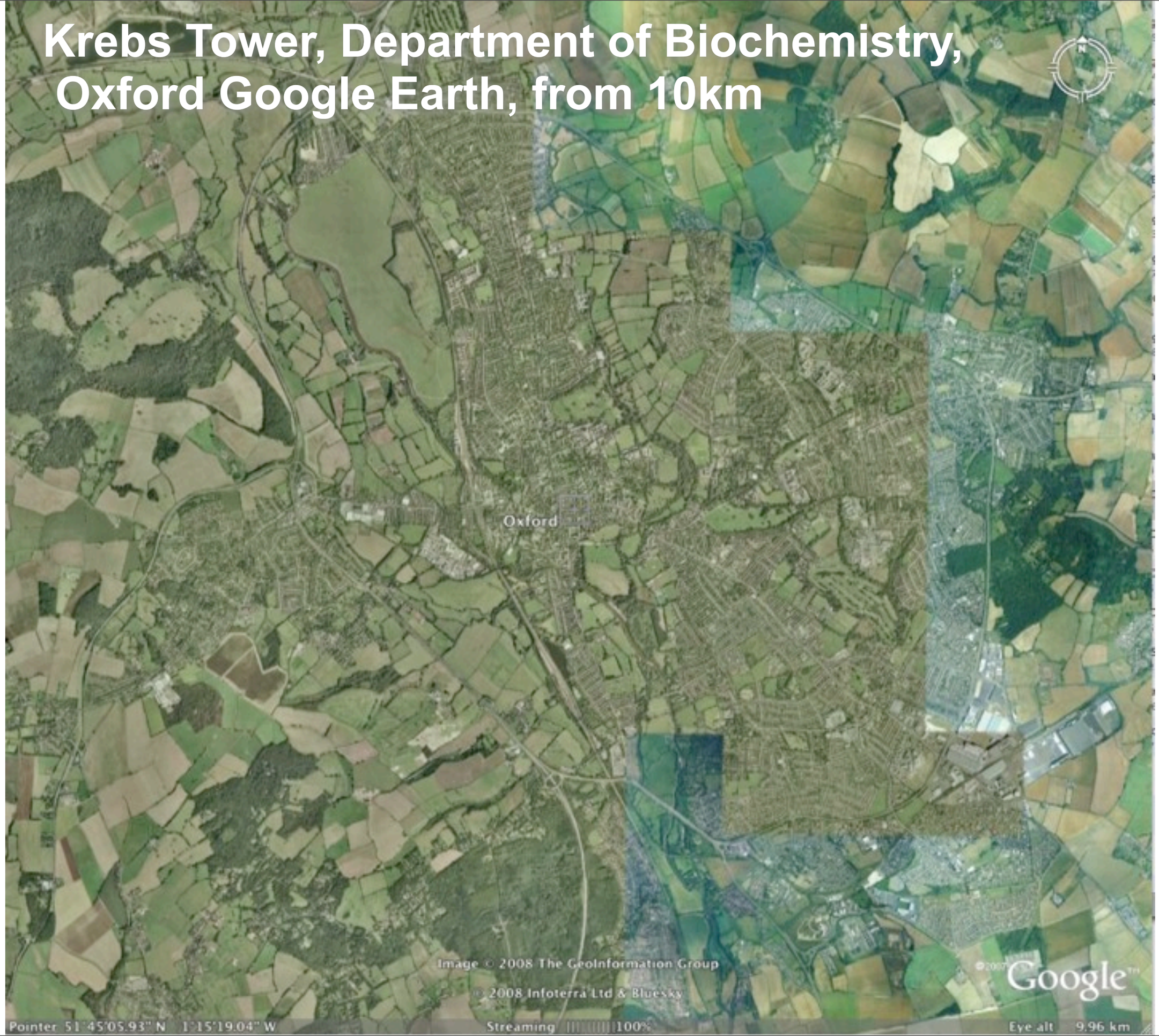
LECTURE 5

Magnification is nothing without resolution!

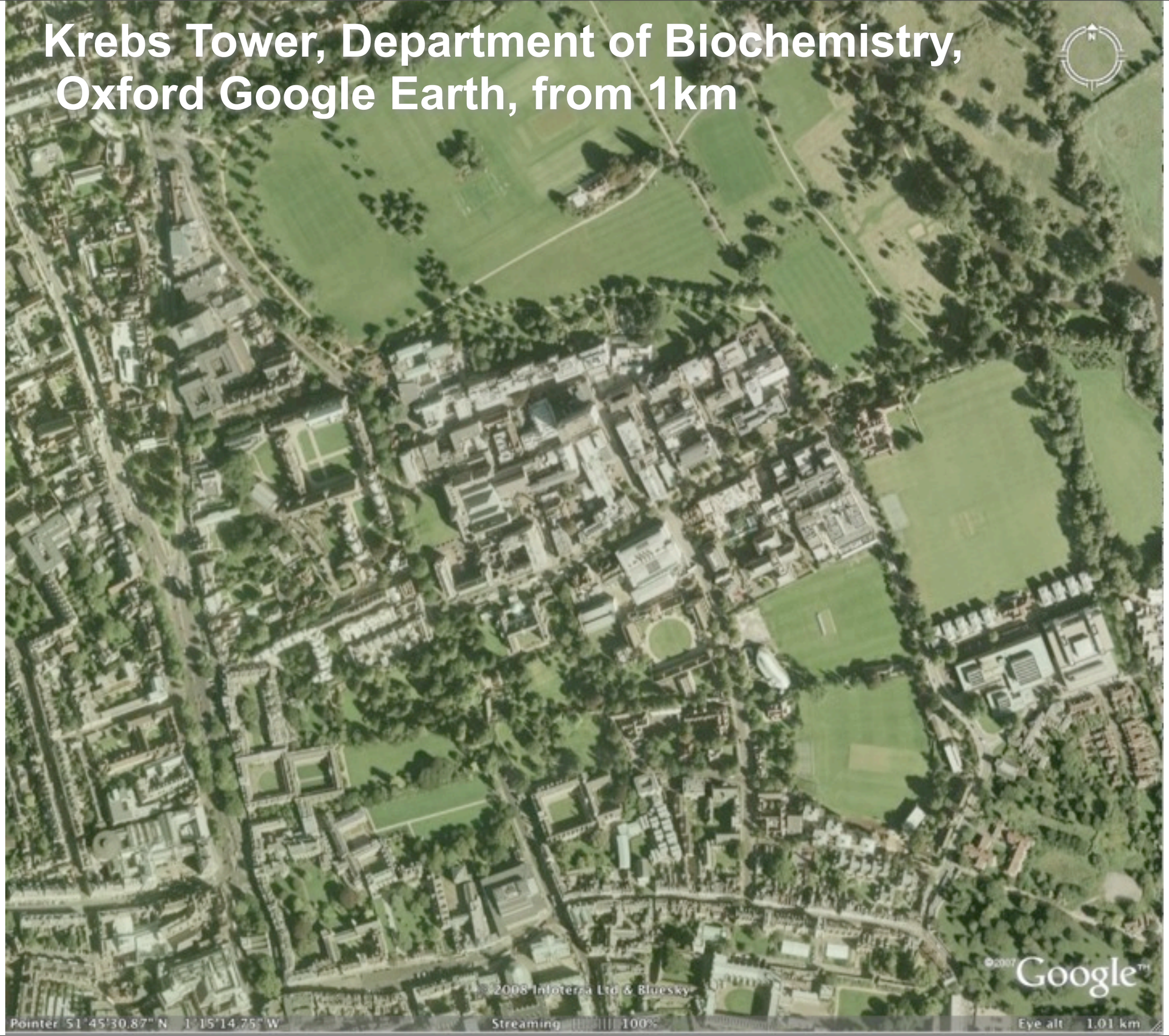
Krebs Tower, Department of Biochemistry, Oxford Google Earth, from 1000km



Krebs Tower, Department of Biochemistry, Oxford Google Earth, from 10km



Krebs Tower, Department of Biochemistry, Oxford Google Earth, from 1km



Krebs Tower, Department of Biochemistry, Oxford Google Earth, from 100m

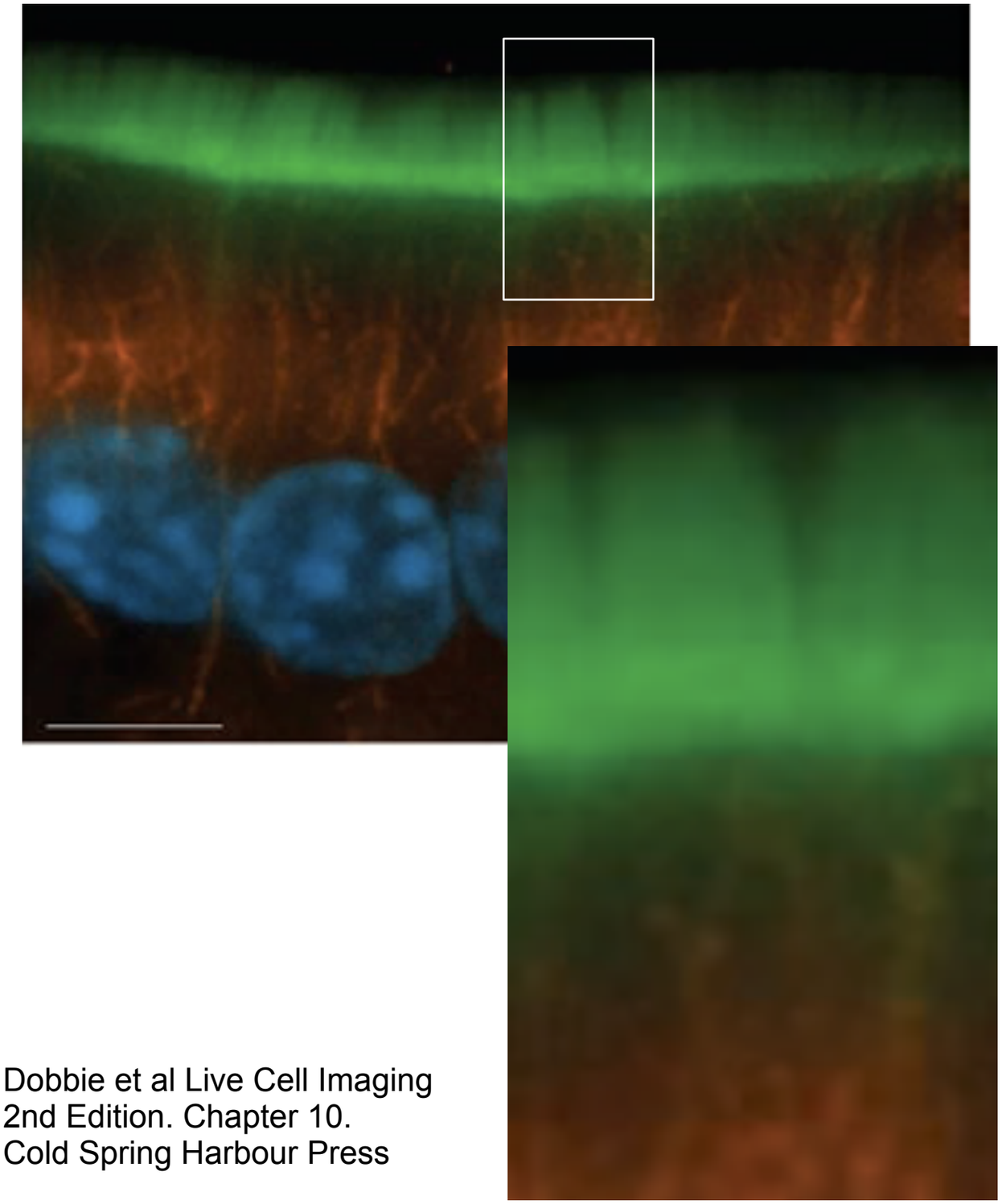
Krebs Tower, Department of Biochemistry, Oxford Google Earth, from 50m

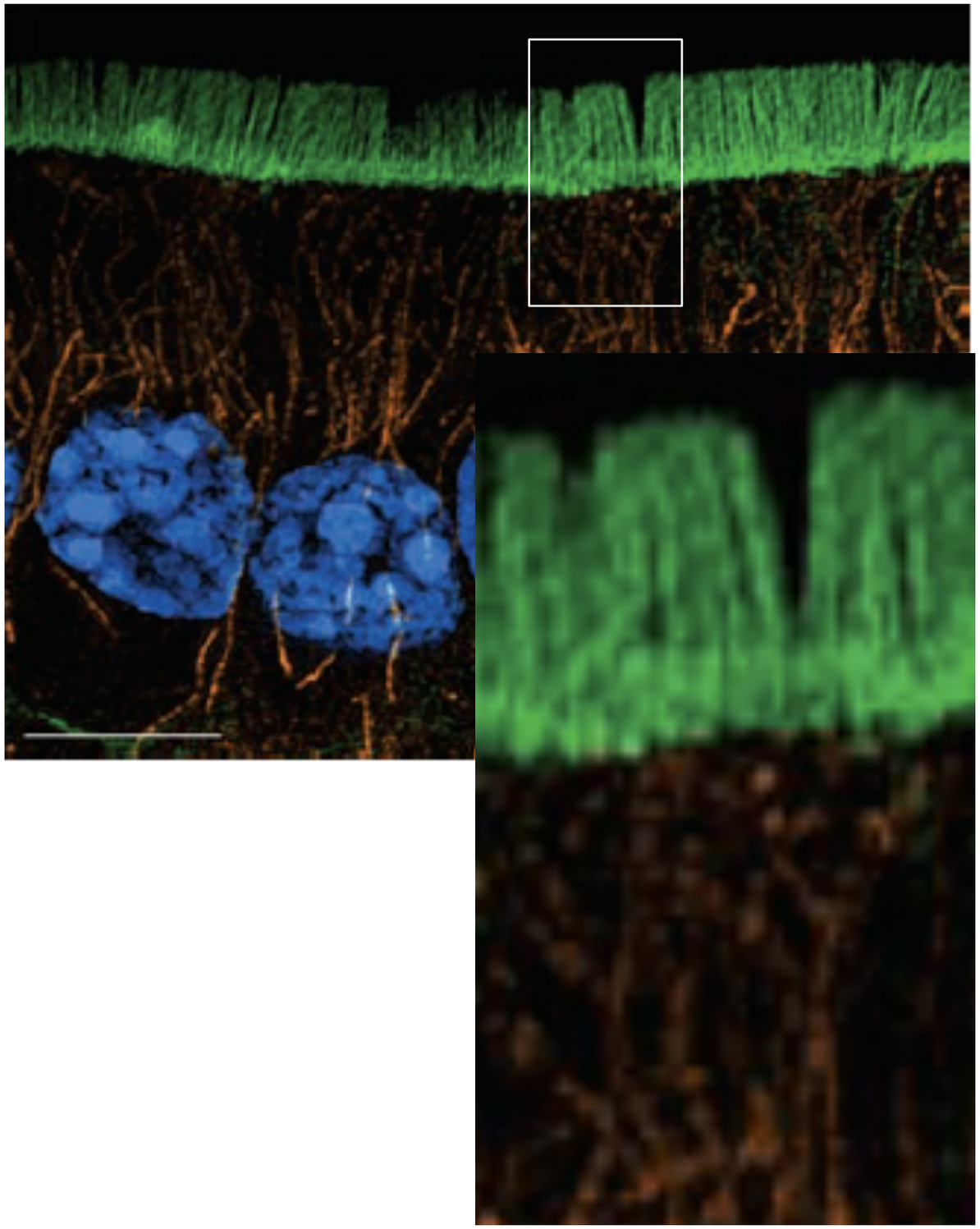
Krebs Tower, Department of Biochemistry, Oxford Google Earth, from 10m

RESOLUTION

Normal resolution

High resolution



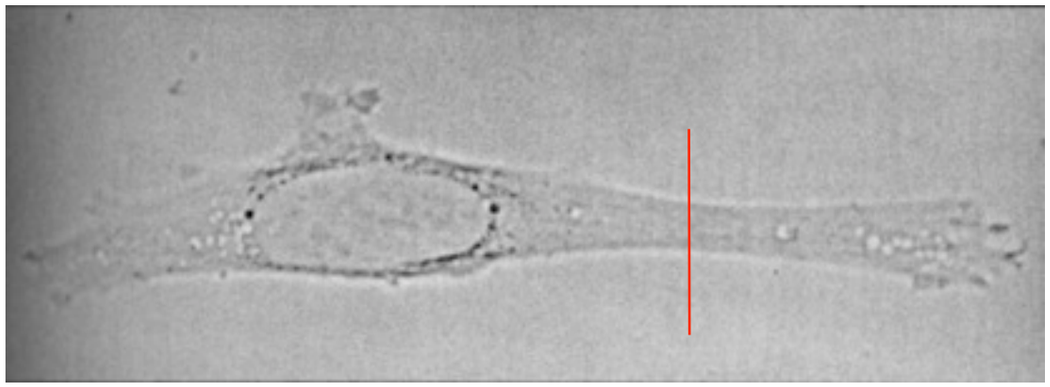


Dobbie et al Live Cell Imaging
2nd Edition. Chapter 10.
Cold Spring Harbour Press

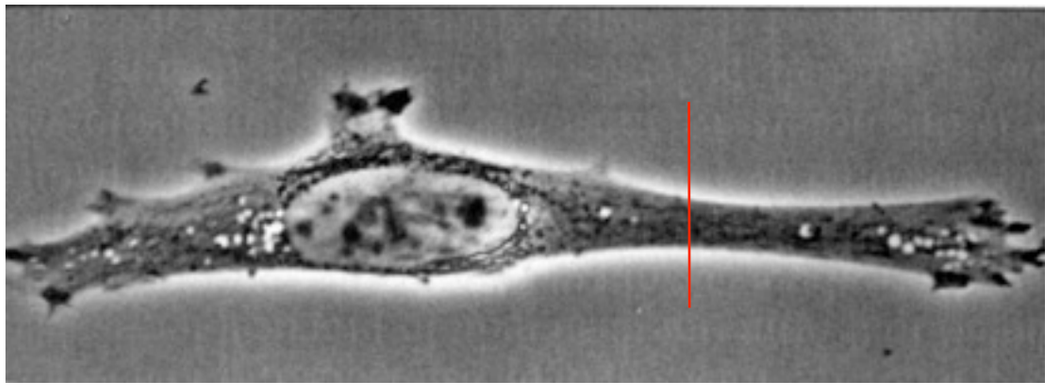
Resolution is nothing without contrast!

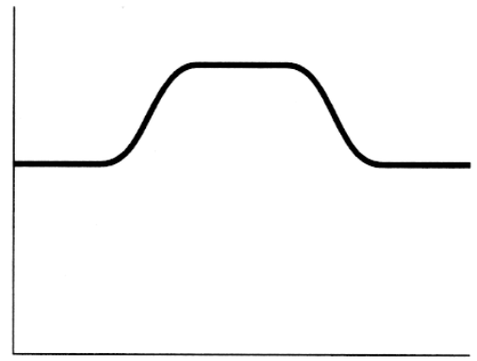
Contrast Enhancement: *LECTURE 3*
Phase Contrast and DIC

Normal contrast

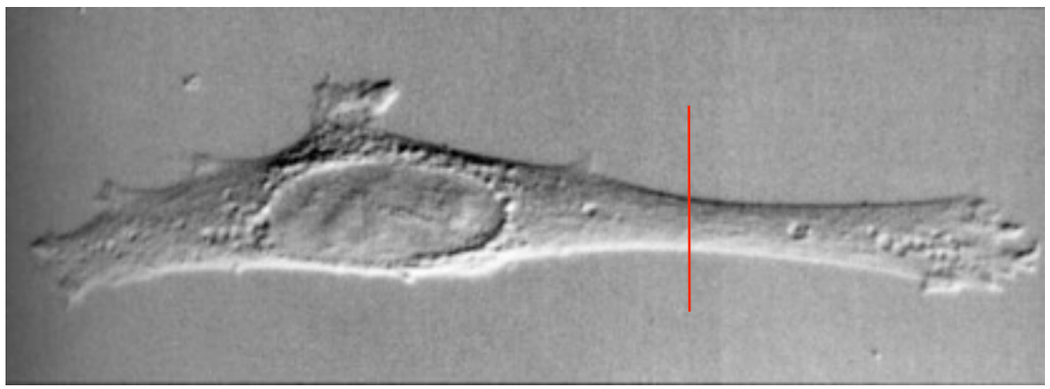


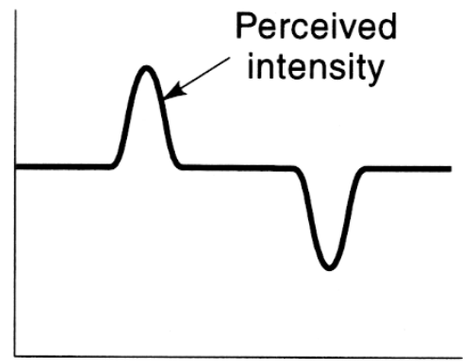
Phase contrast





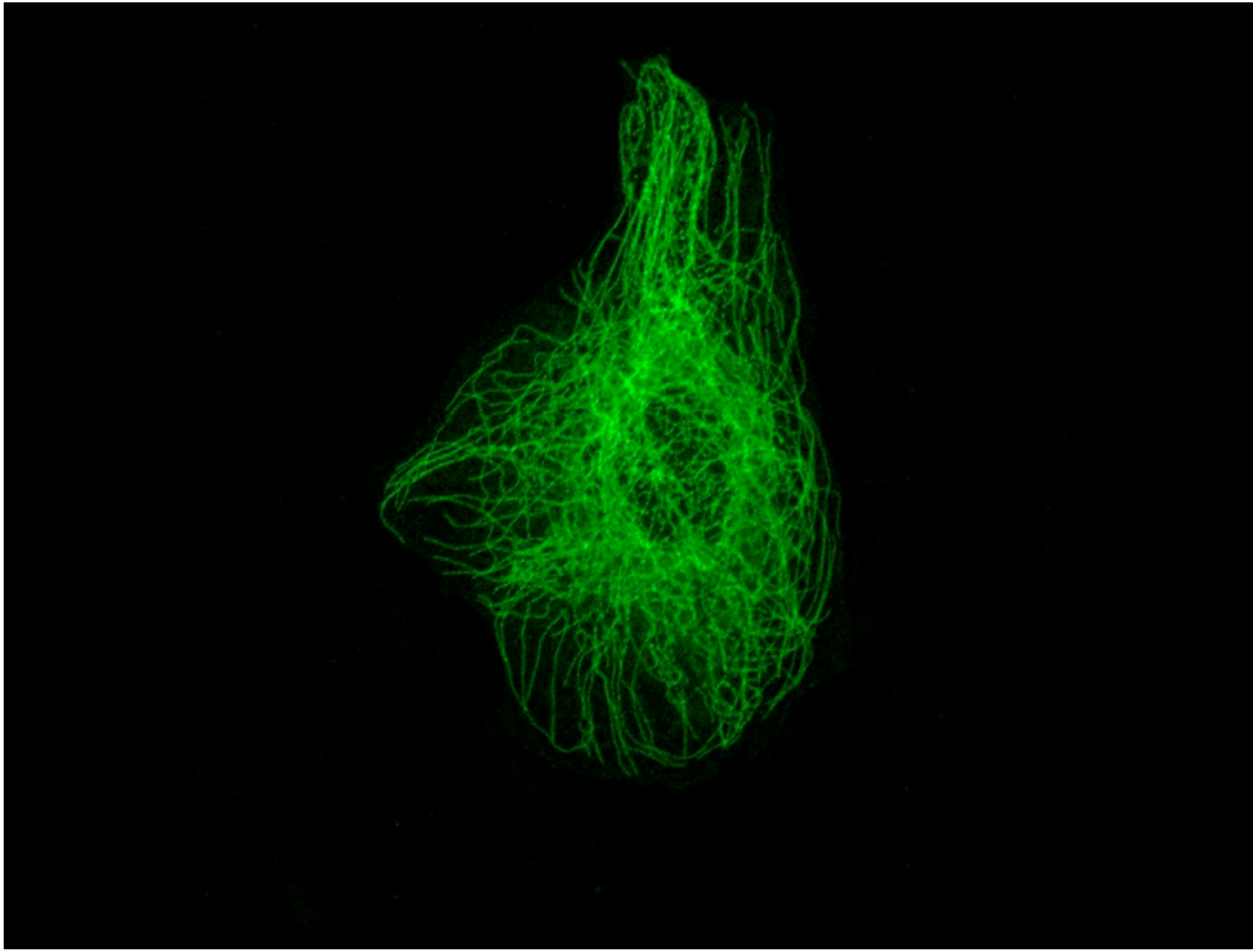
DIC





Contrast Enhancement: Fluorescence

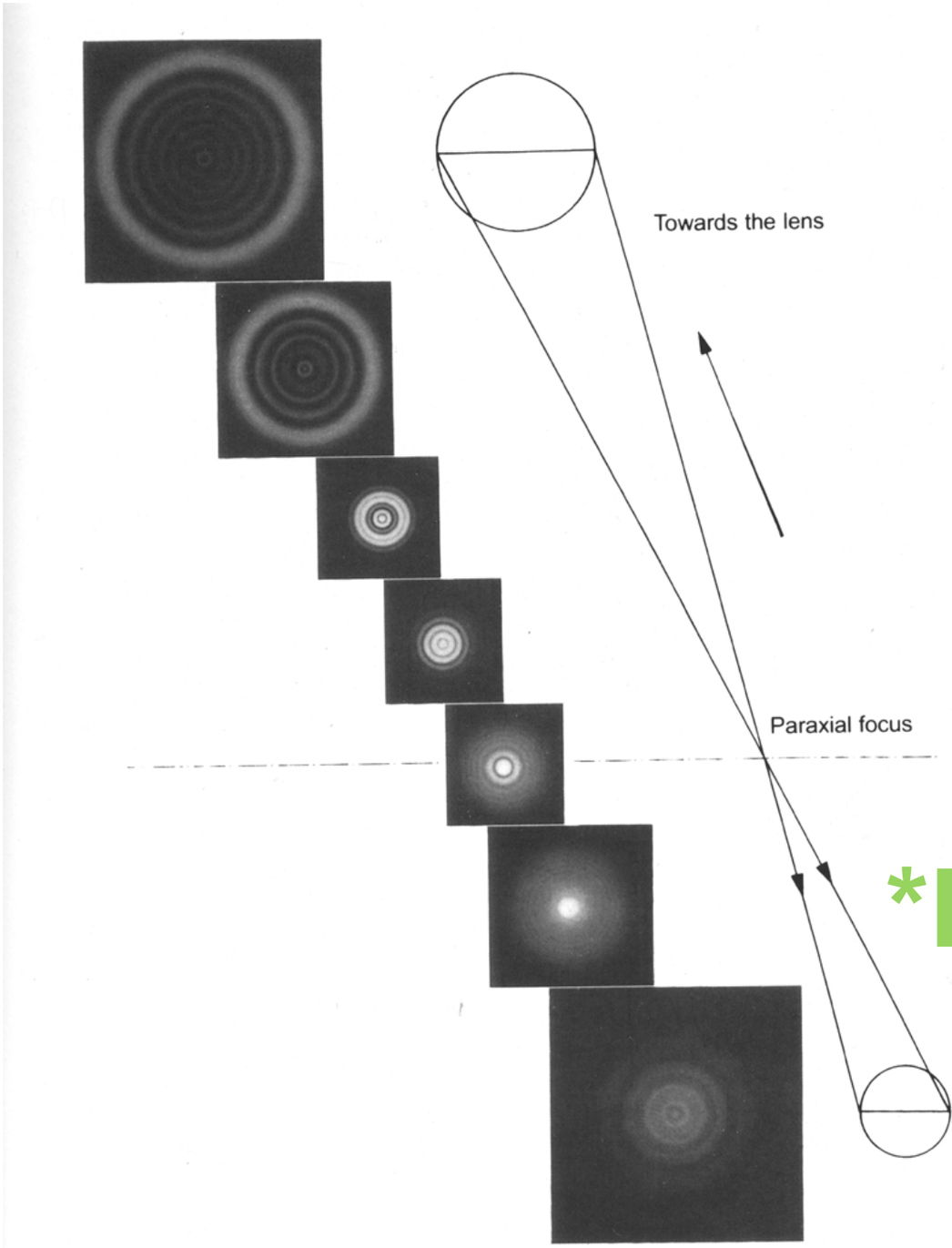
LECTURE 4, 6

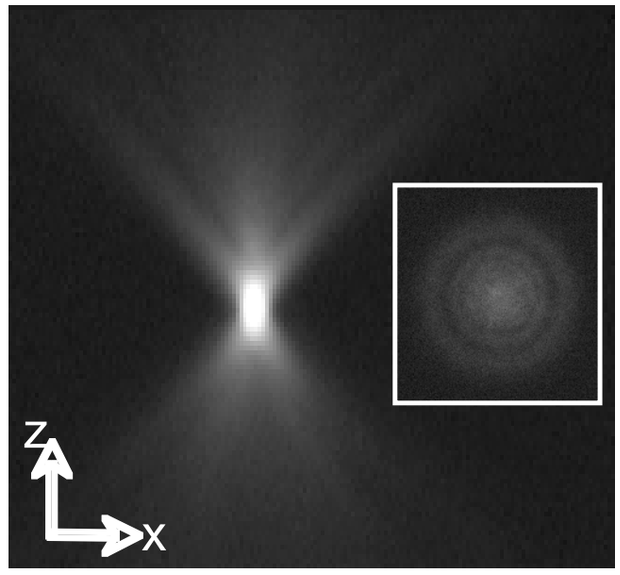


Understanding what limits Resolution

Convolution and the Point Spread Function

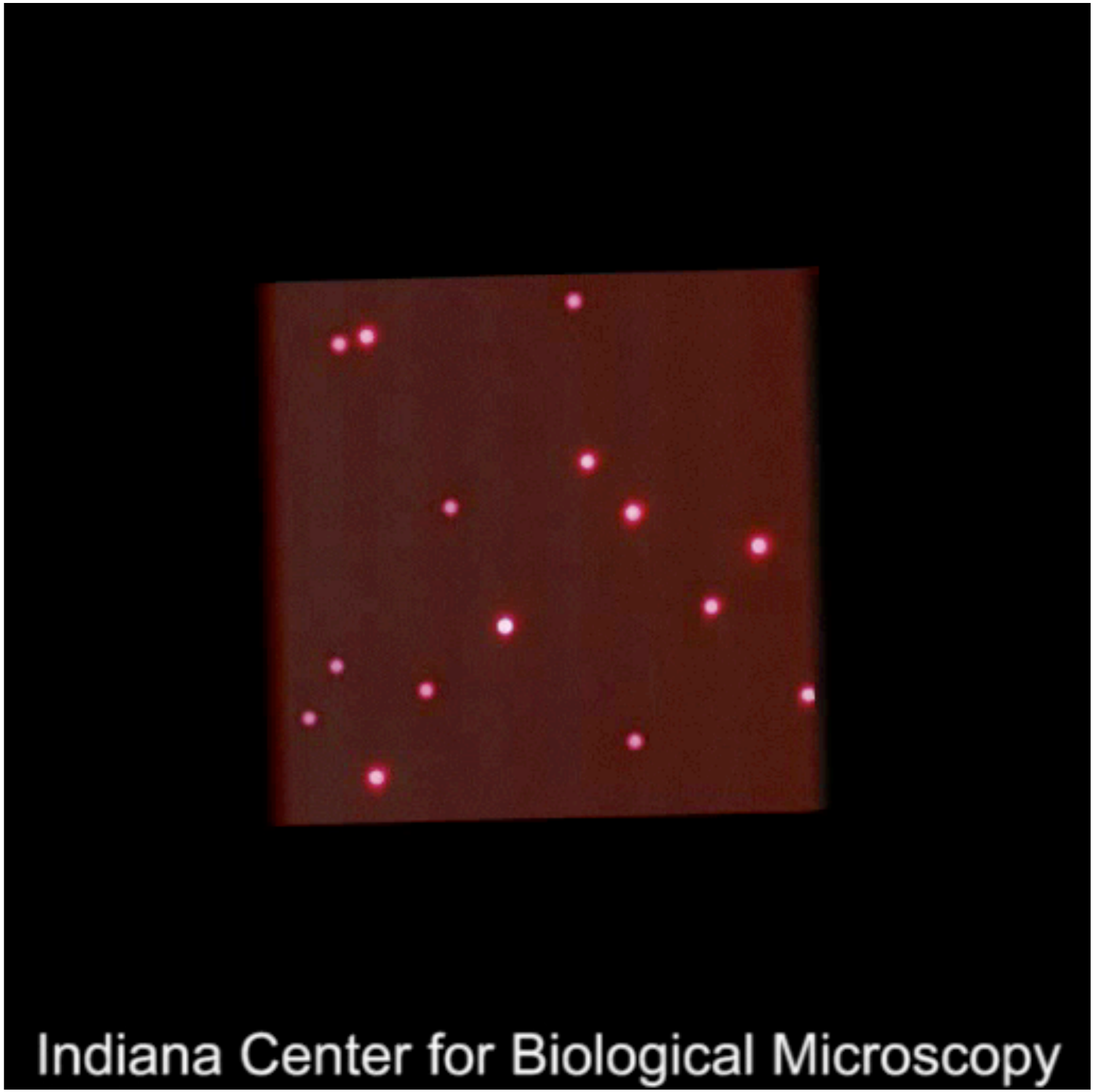
Sample object: a "sub-resolution" fluorescent bead



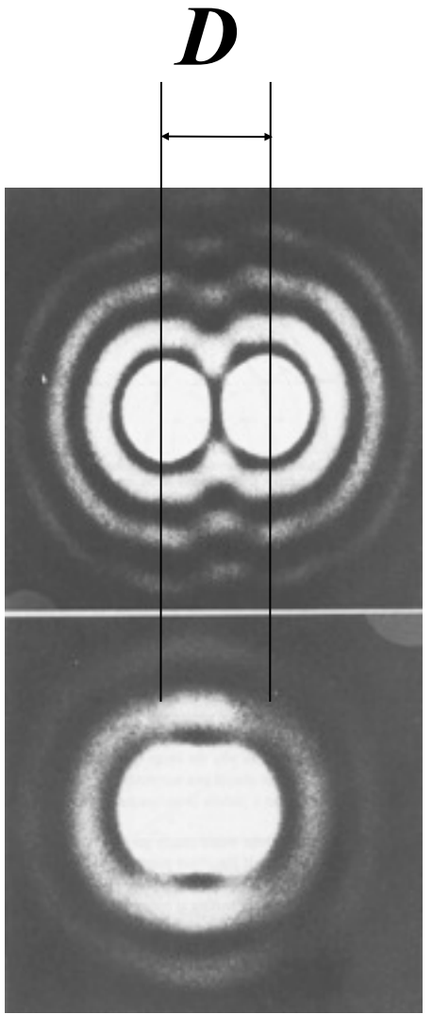


LECTURE 4-5

- "convolution" by the microscope optics = the PSF


Indiana Center for Biological Microscopy

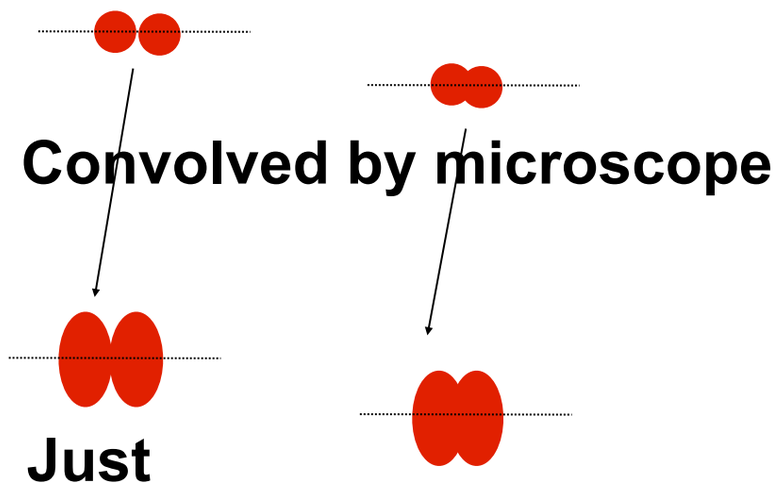
Lateral Resolution: The Rayleigh Criterion



D = the distance between the two closest points that can still be distinguished

$$D=1.22\ \lambda/(NA_{obj}+NA_{cond})$$

Epi-Fluorescence: $NA_{cond} = Na_{obj}$



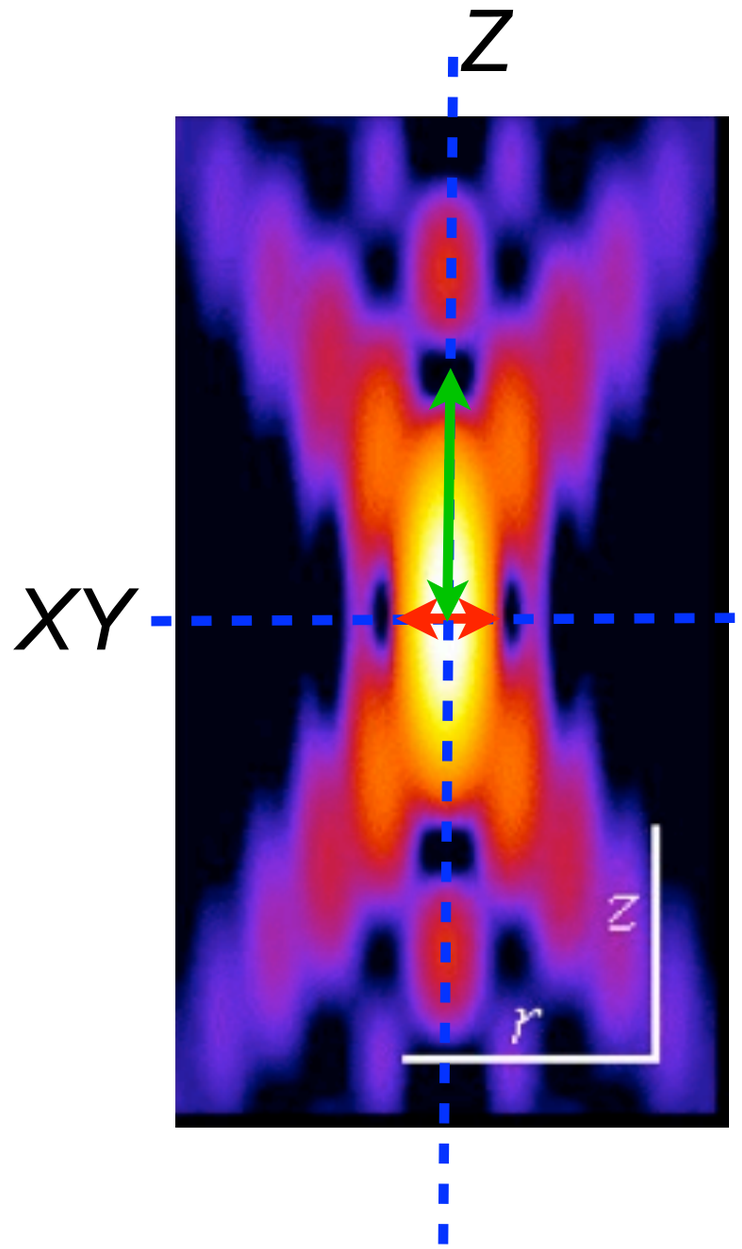
Limit of resolution $\approx \lambda_{em}/2$

Axial Resolution:

Resolution is worse in the axial dimension (along the optical axis, Z)

$$D_Z = 2\,\lambda\eta/(NA_{obj})^2 \quad \ldots\ldots\ldots\ldots\ 705$$

(η = refractive index of the object medium)



Than it is in the lateral dimension (XY)

$$D_{XY} = 0.61\,\lambda/NA_{obj} \quad \ldots\ldots\ldots\ 227$$

FWHM

The relationship between the two is:

$$D_Z/Dxy = 3.28\eta/NA_{obj} \quad \ldots\ \approx 3$$

Resolution: Protein - Protein interaction

resolution $\approx \lambda_{em}/2$ (Z resolution $\approx$ 2.5 times worse)

XY resolution ~ 200 nm
Z resolution ~ 500 nm

GFP is ~ 5 x5 x5 nm

The solution - F* techniques

FRAP

FRET

FLIM

etc

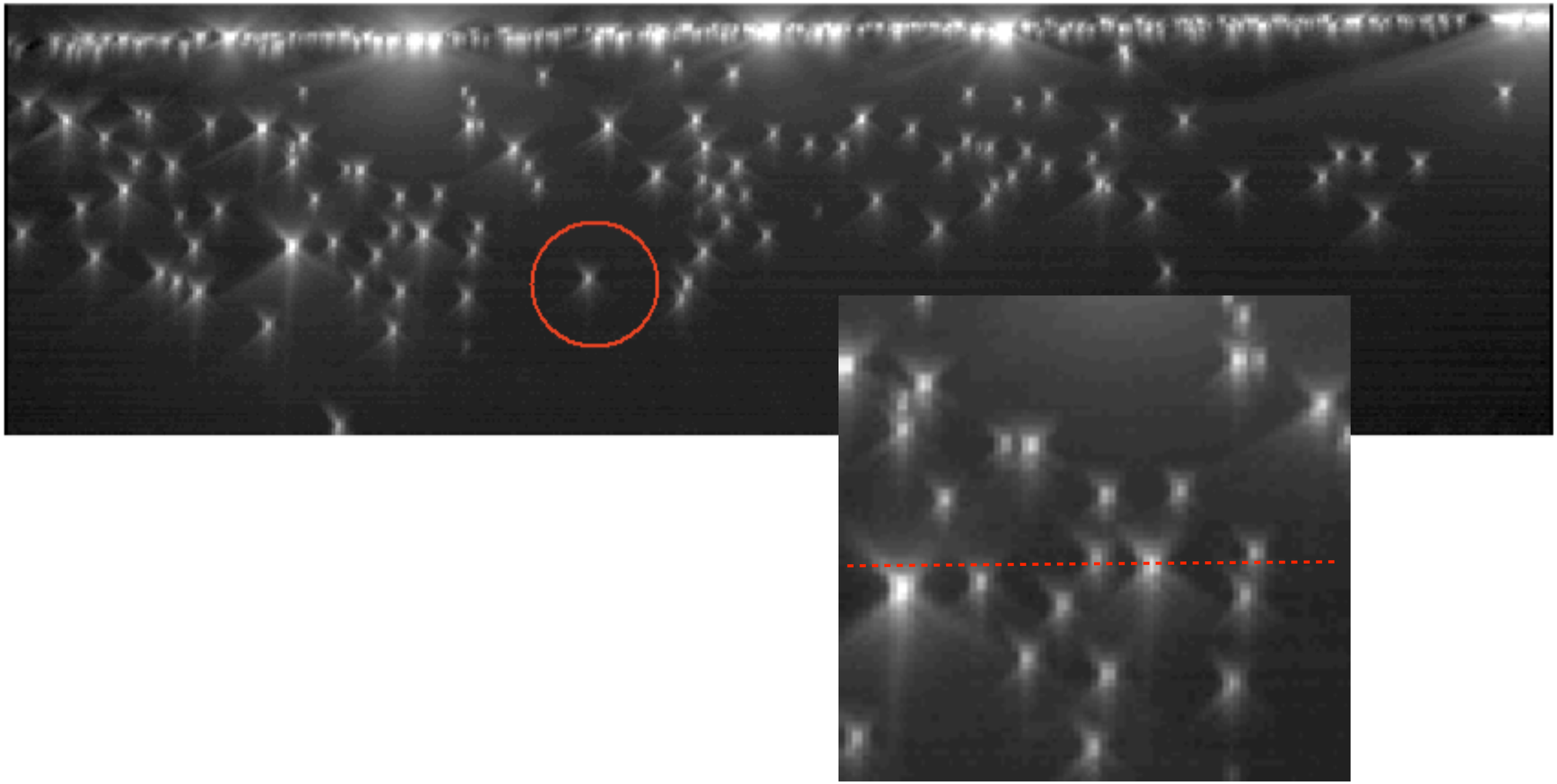
Super-resolution techniques

LECTURE 11

LECTURE 13

Contrast and “out of focus” information

“out of focus” information



Techniques for improved fluorescence imaging

- Fluorescence deconvolution

  Wide-field vs Deconvolution

  The PSF and “out of focus” information

  Convolution and deconvolution

LECTURE 5-8

- Confocal microscopy

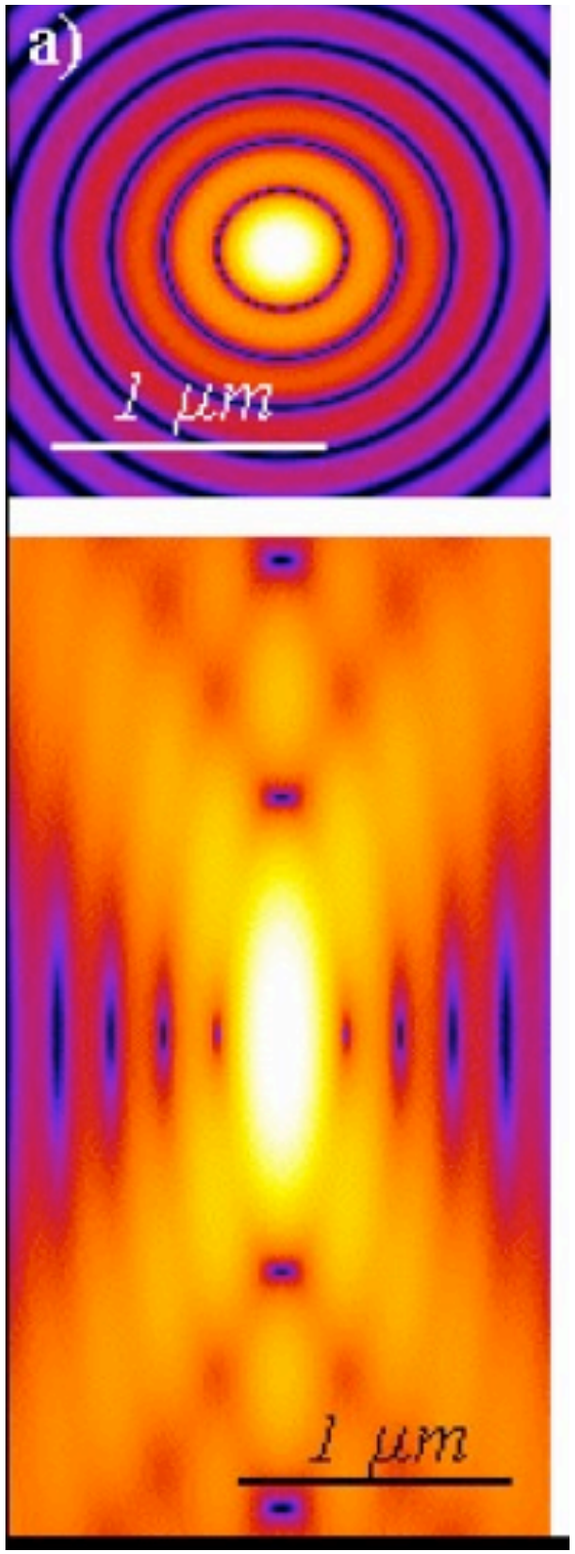
  The confocal principle and optical sectioning

  Point scanner and spinning disc

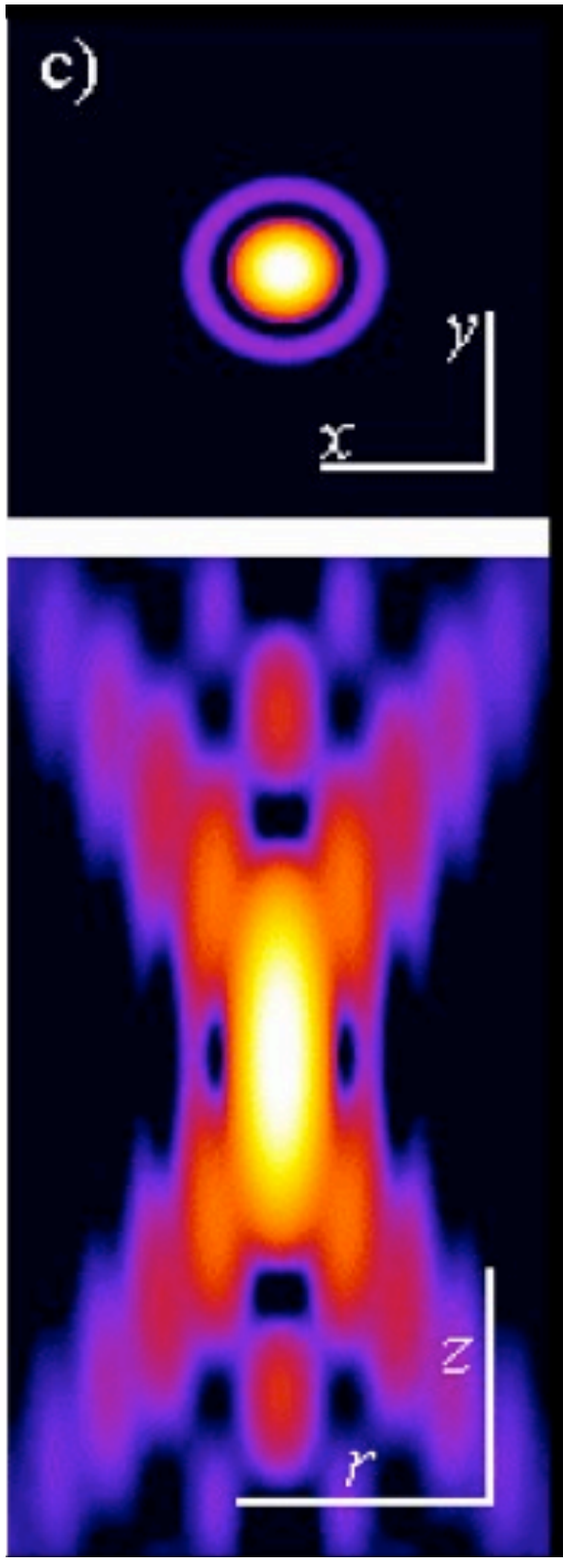
- Total Internal Reflection Microscopy *LECTURE 11-14*

  Evanescent wave excitation

Wide field PSF



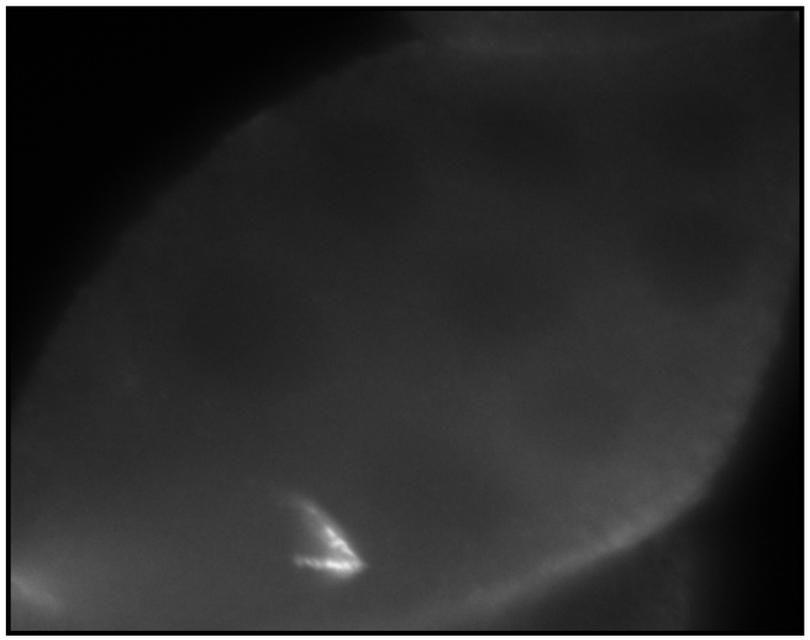
Confocal PSF



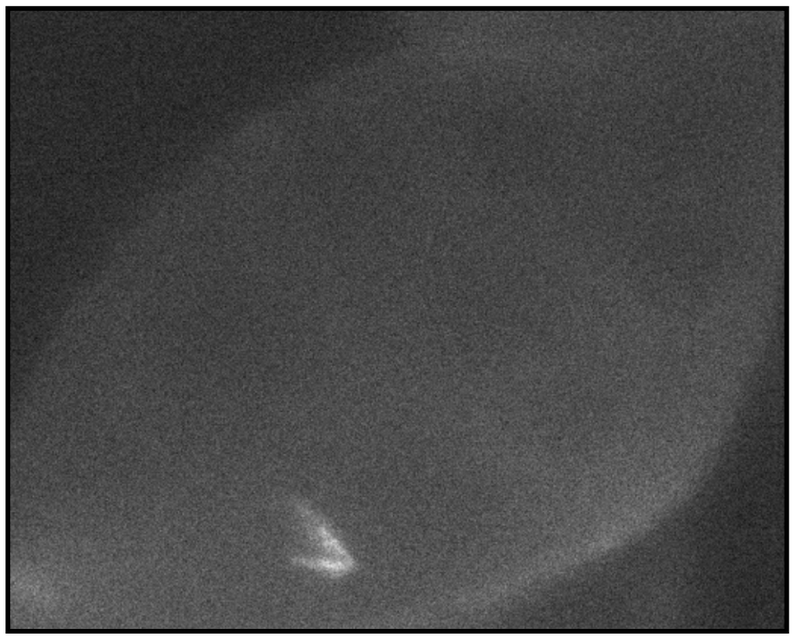
Resolution / Sampling / Noise

Resolution and noise (S/N ratio)

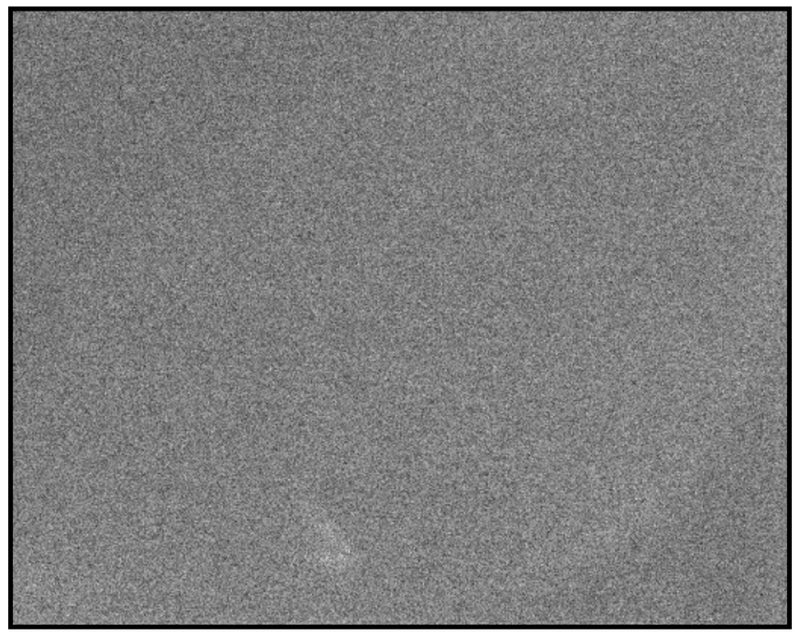
High signal / noise



Poor signal / noise



Very poor signal / noise



S:N ratio = $\frac{\text{Signal}}{\text{Variation in the signal}}$

Poisson distributed variation **S:N ratio =100/10 = 10**

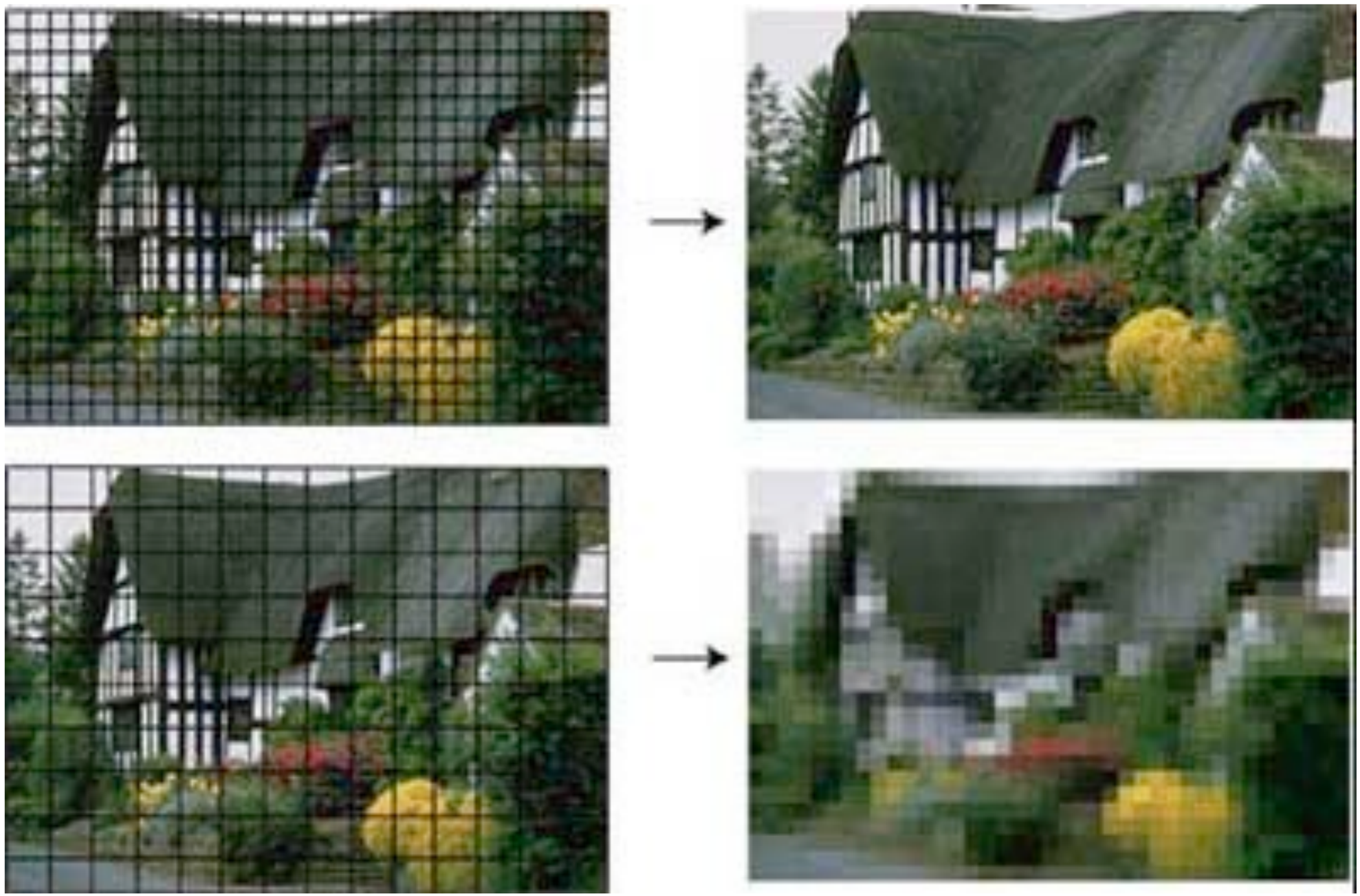
Noise limits the contrast which limits the details that can be resolved

= Noise limits resolution

LECTURE 5

Resolution and Sampling

LECTURE 5,9

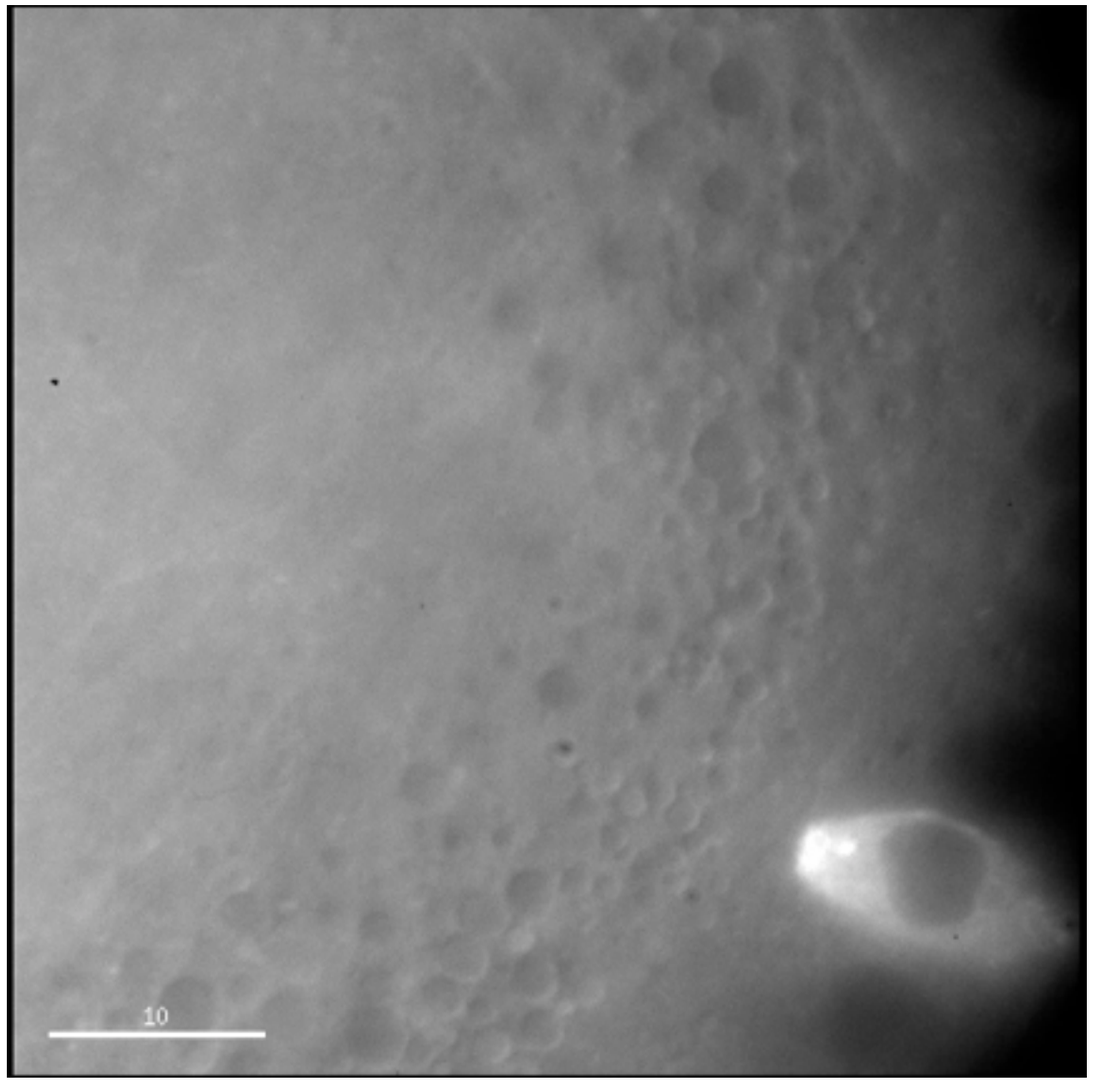


Appropriate Sampling According to Nyquist theorem - at least half the size (D/2.3)

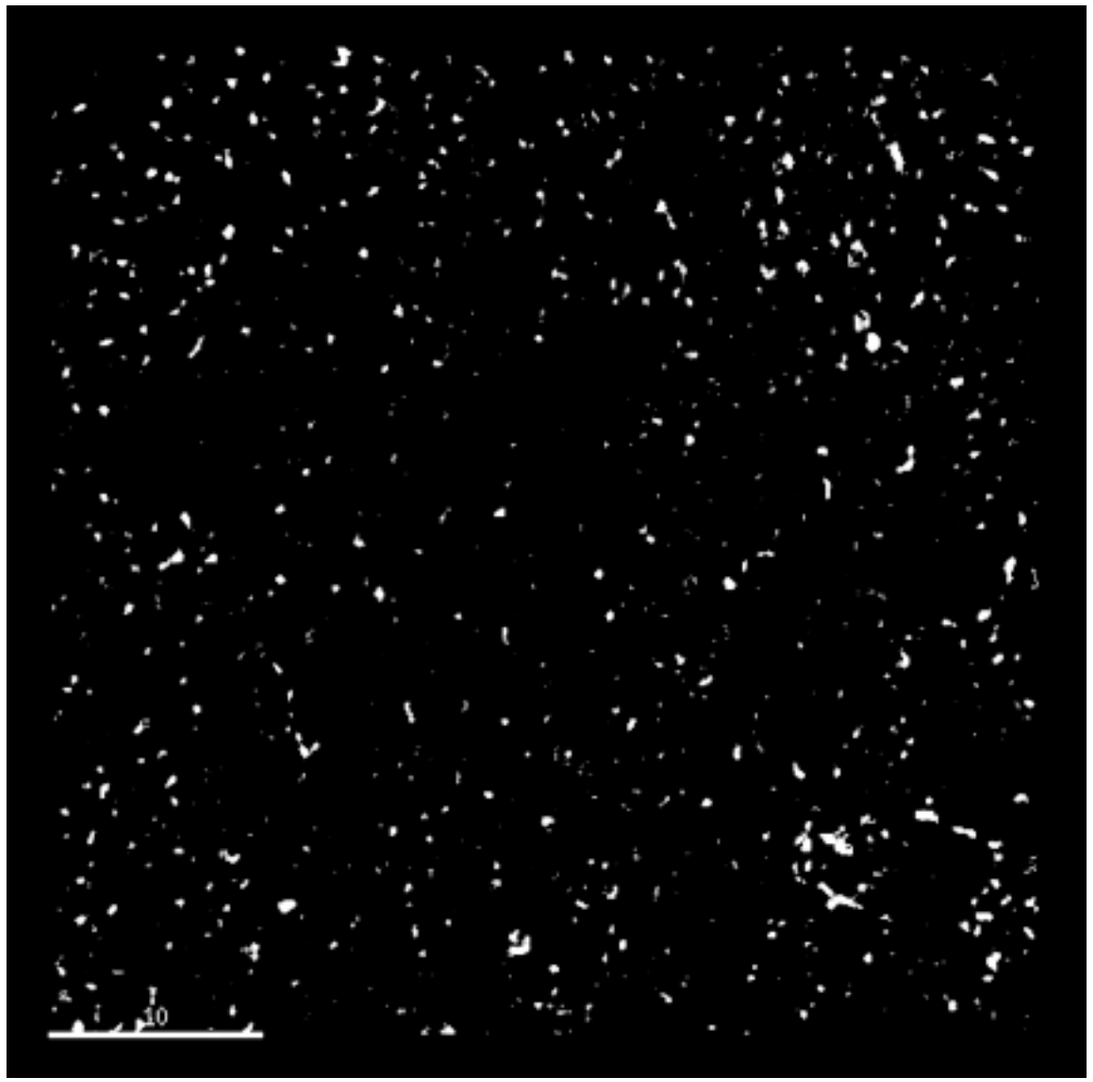
Image Processing

Computational enhancement / automation

Raw - Widefield



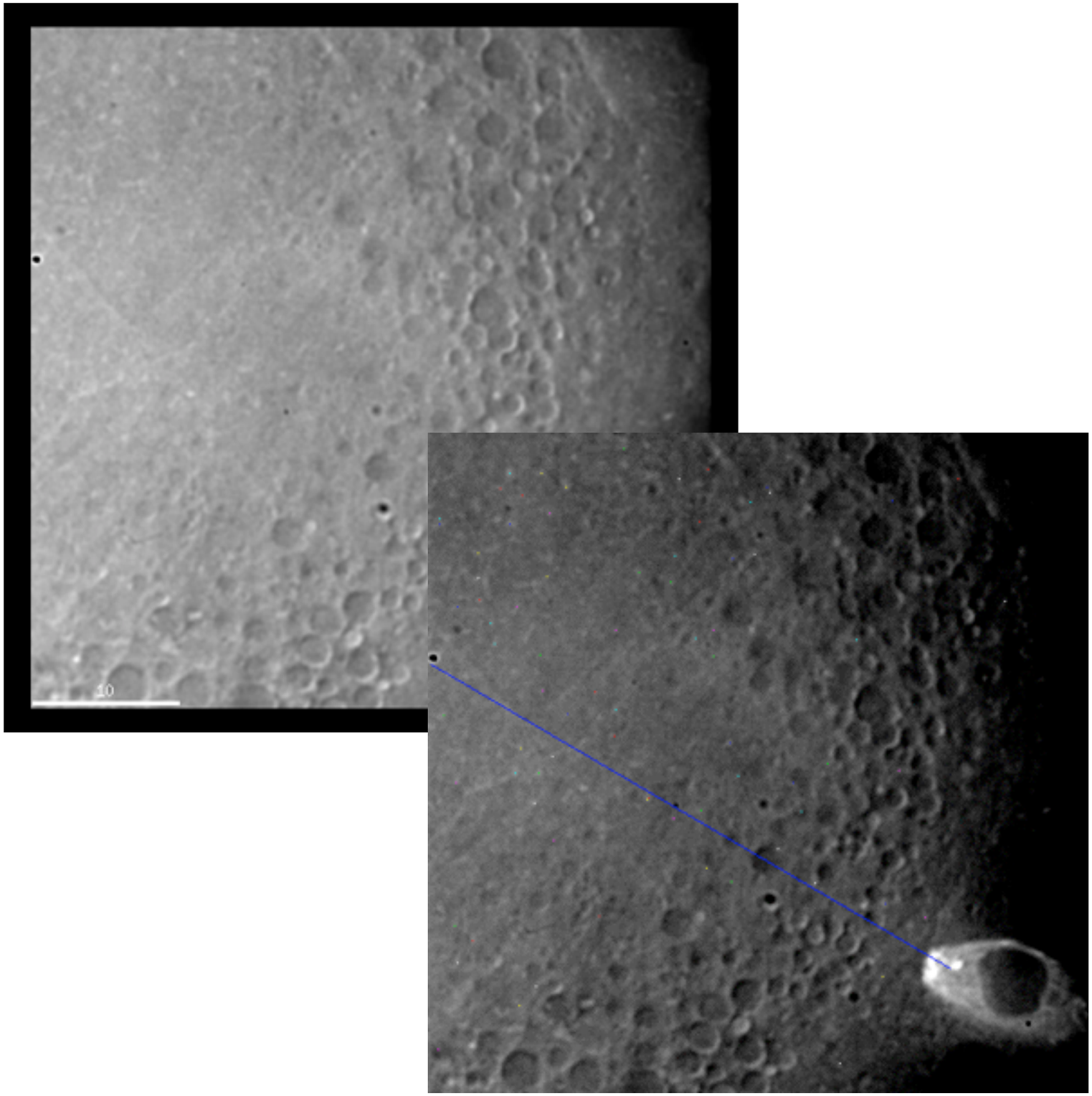
Processed

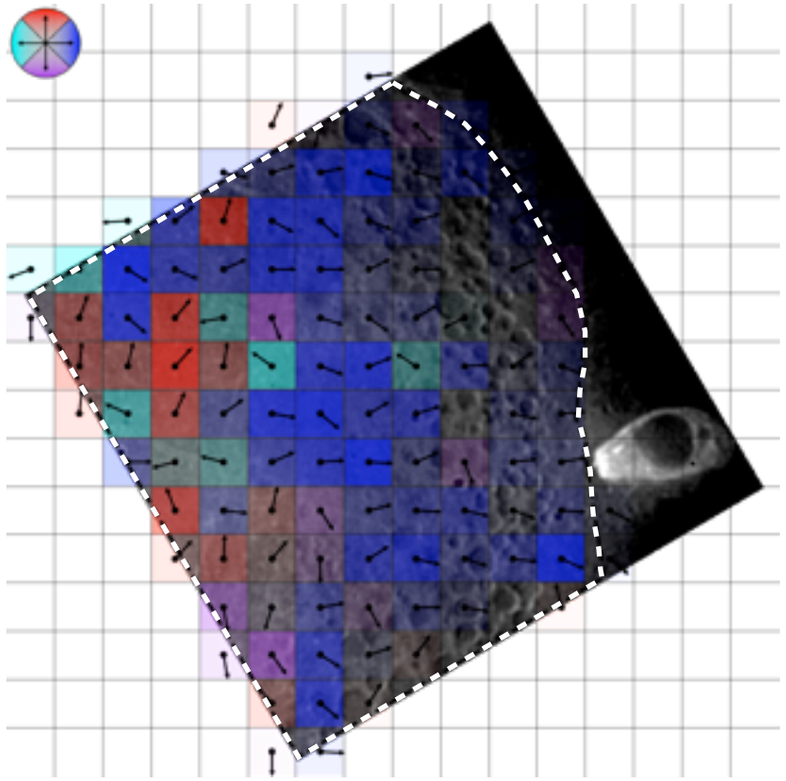


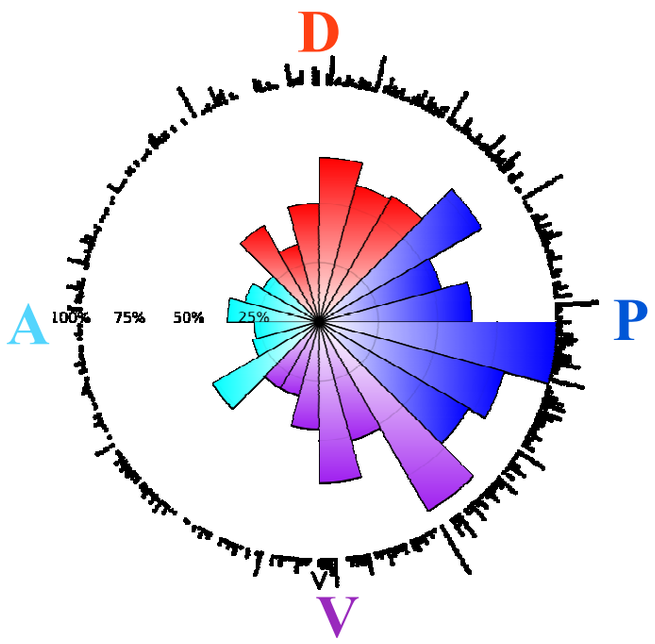
LECTURE 5, 15

(Richard Parton; Graeme Ball)

Live imaging - not just a pretty picture







(Richard Parton, Graeme Ball)

(Russell Hamilton, Particle Stats: http://www.particlestats.com)

Microscopy is fundamentally important to modern biology

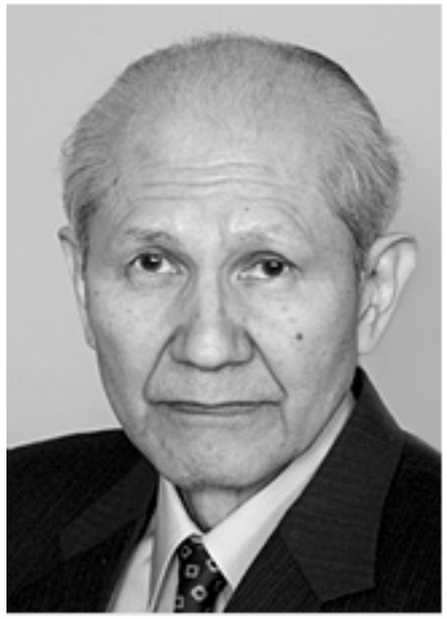
Milestones in Microscopy

http://www.nature.com/milestones/milelight/index.html

1595	Invention of the microscope (Milestone 1)
1858	First histological stain (Milestone 2)
1871	Synthesis of fluorescein (Milestone 2)
1873	Diffraction limit theory (Milestone 3)
1911	First fluorescence microscope (Milestone 4)
1929	First epifluorescence microscope (Milestone 4)
1935	Phase contrast microscopy (Milestone 5)
1939	Polarization microscopy (Milestone 6)
1942	Immunofluorescence (Milestone 7)
1955	Differential interference contrast (Milestone 8)
1961	Concept of confocal microscopy (Milestone 9)
1967	The dichroic mirror (Milestone 4)
1972	Fluorescence correlation spectroscopy (Milestone 10)
1976	FRAP (Milestone 10)
	FRET (Milestone 11)
1980	Calcium probes (Milestone 12)
1981	Video-enhanced differential interference contrast (Milestone 8)
	TIRF microscopy (Milestone 13)
1983	Deconvolution microscopy (Milestone 14)
1987	Realization of confocal microscopy (Milestone 9)
1990	Two-photon microscopy (Milestone 15)
1993	Light sheet microscopy (Milestone 16)
	Single molecule microscopy (Milestone 17)
* 1994	GFP (Milestone 18) *
1997	Fluorescent protein-based biosensors (Milestone 19)
1999	Red fluorescent proteins (Milestone 20)
* 2000	Breaking the diffraction limit: STED (Milestone 21) *
2002	Photoactivatable fluorescent proteins (Milestone 20)
2006	Breaking the diffraction limit: PALM/STORM (Milestone 21)

The Nobel Prize in Chemistry 2008

"for the discovery and development of Green Fluorescent Protein"



- Shimomura

Bioluminescence, Aquorin and Green fluorescent protein

1962

- Chalfie

Expression of Green fluorescent protein in other organisms 1994

- Tsien

Manipulating the colour of GFP

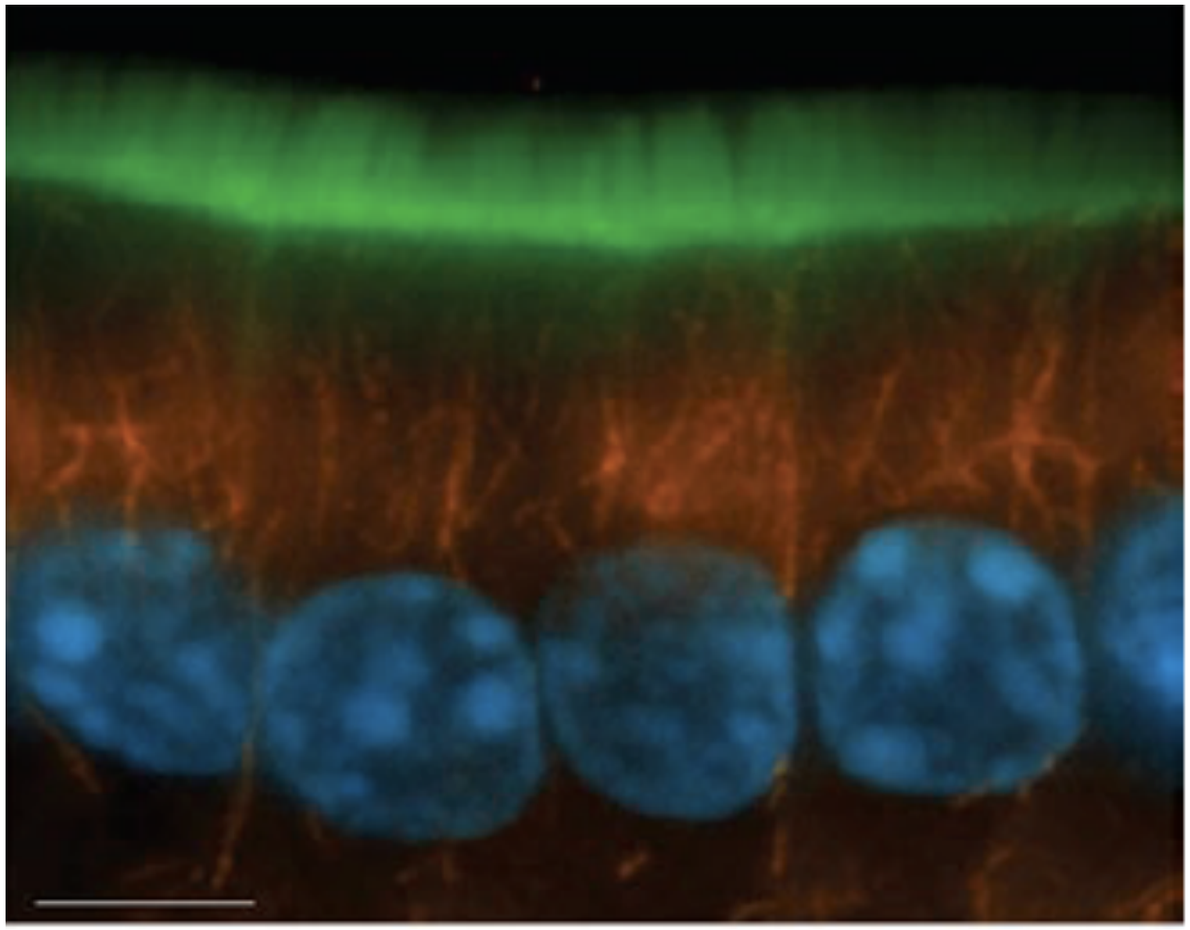
1999

http://www.nature.com/milestones/milelight/full/milelight18.html

http://nobelprize.org/nobel_prizes/chemistry/laureates/2008/

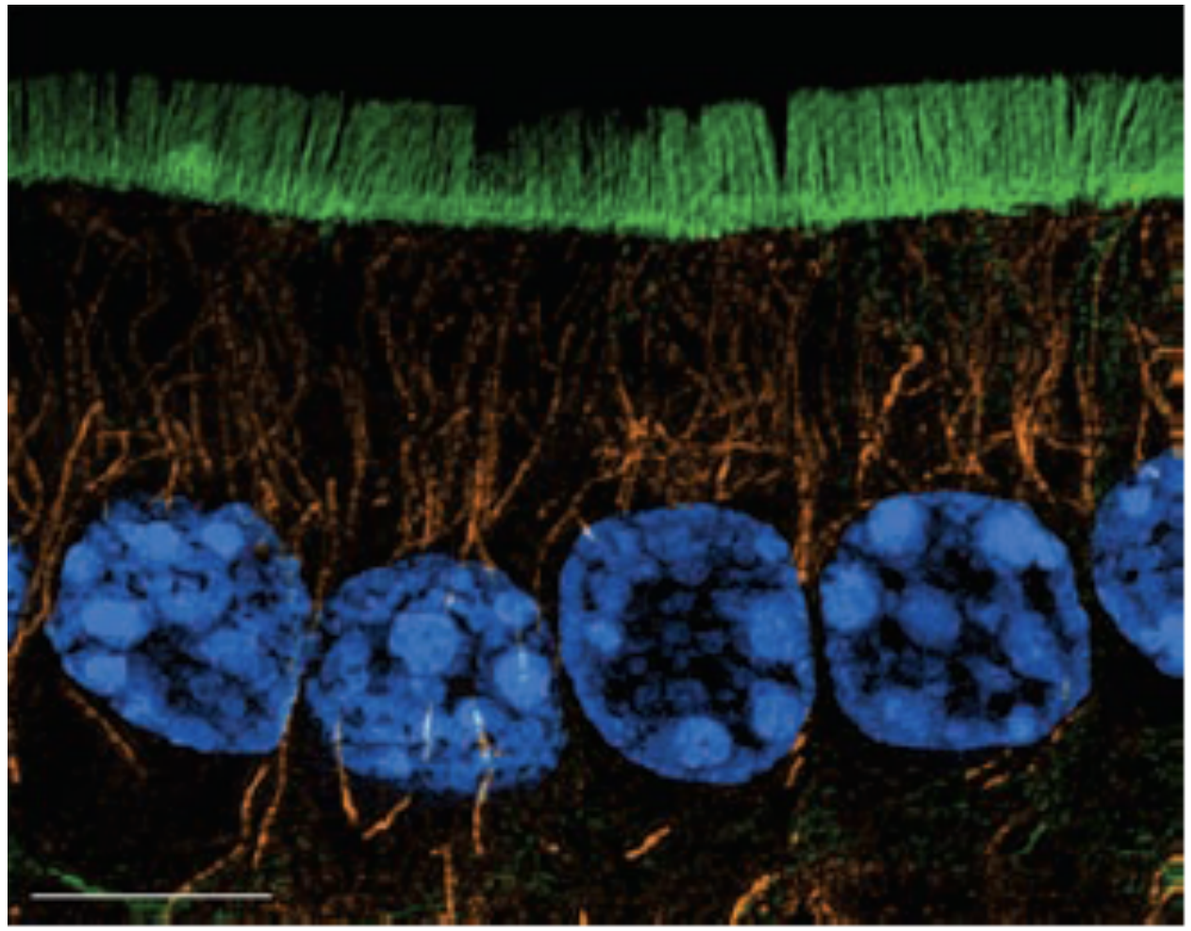
Super-resolution: beyond the diffraction limit

CONVENTIONAL



XY resolution ~250 nm

3D SIM



XY resolution ~130 nm

Dobbie et al Live Cell Imaging
2nd Edition. Chapter 10.
Cold Spring Harbour Press

LECTURE 13

Reference Material

http://www.olympusmicro.com/
Very comprehensive and well written

http://micro.magnet.fsu.edu/primer/anatomy/anatomy.html
Very comprehensive

Fundamentals of light microscope and electronic imaging
Douglas B. Murphy. Wiley-Liss 2001
ISBN 0-471-25391-X

Molecular Biology of the Cell, fifth edition.
Alberts et al. Chapter 9: Visualizing cells, page 579-616

END