## Things I thought I knew... About the retina

Brianne Hobbs, OD, FAAO

No financial disclosures

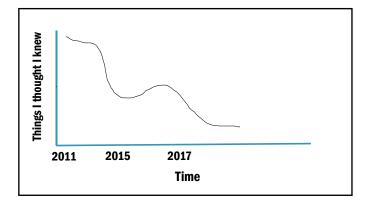
## Purpose

Address misconceptions about the retina that may impact diagnosis or management of ocular disease

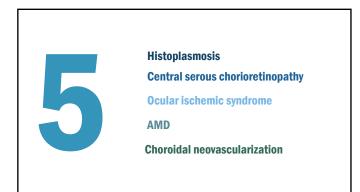
## Motivation for this lecture

Optometry

Life

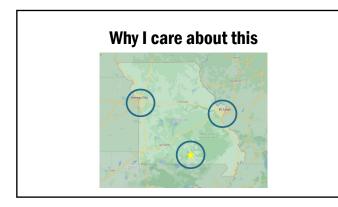


The dreaded disc diopter



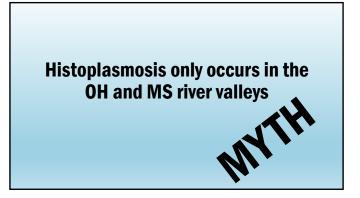
## **Misconception #1**

Histoplasmosis only occurs in the OH and MS river valleys







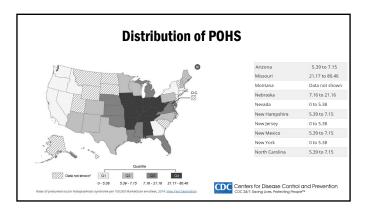


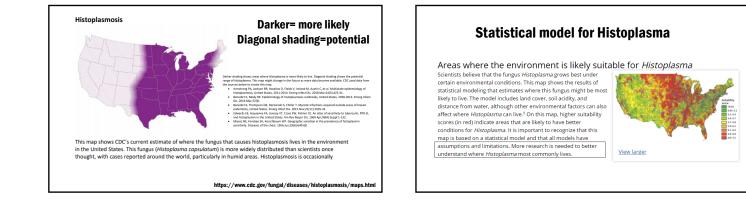
#### **Presumed Ocular Histoplasmosis Syndrome**

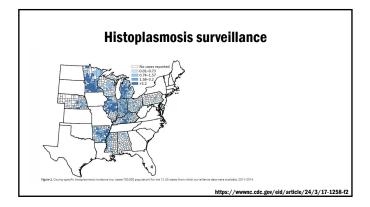
#### About

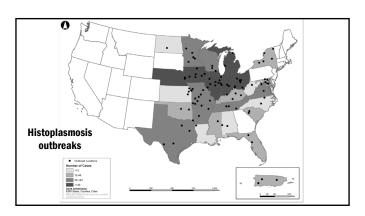
Presumed ocular histoplasmosis syndrome (POHS) is a condition that can cause vision loss. Many scientists believe POHS could be a long-term complication of histoplasmosis. However, no one has completely proven that *Histoplasm* (the fungues that causes histoplasmosis) causes POHS.<sup>1</sup> People can get histoplasmosis after breathing in the microscopic fungal spores from the air, but most people who breathe in the spores don't get sick. Scientists are still not sure exactly how *Histoplasma* spreads from a person's lungs to affect their eyes in POHS. Some people with signs of POHS in their eyes never have any symptoms, but other people can lose their vision because of it.

CDC Centers for Disease Control and Prevention









| Why    |  |  |
|--------|--|--|
| don't  |  |  |
| we     |  |  |
| have   |  |  |
| better |  |  |
| data?  |  |  |

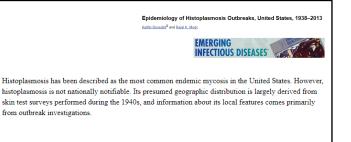


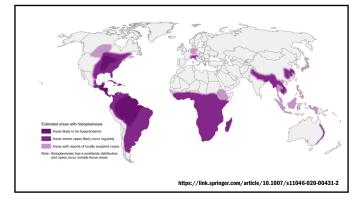
GOPEN ACCESS 👂 PEER-REVIEWED RESEARCH ARTICLE

Presumed ocular histoplasmosis syndrome in a commercially insured population, United States Kallin Benedic 🖬 Jessica G. Shantha, Stever Yeh, Karlyn D. Beer, Brendan R. Jackson

Published: March 13, 2020 • https://doi.org/10.1371/journal.pone.0230305

https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0230305





#### Areas for further research

Overall, more research is needed about:

- Histoplasma as a potential cause of POHS
- The prevalence of and risk factors for POHS
- The personal and public health impact of POHS-associated vision loss

https://www.cdc.gov/fungal/diseases/histoplasmosis/POHS.htm

#### References

- Manos NE, Ferebee SH, Kerschbaum WF, <u>Geographic variation in the prevalence of histoglasmin sensitivity</u> <sup>(2)</sup>. Dis Chest. 1966 Jun;29(6):649-68.
   Colombo AL, Tobon A. Restrepo A. Quertos: Talles F. Nucci M. Epidemiology of endemic systemic fungal infections in Latin America <sup>(2)</sup>. Med Mycol, 2011 Nov-98(8):765-88.
   Solegue P. Basides F. Baudouin V, Chandenel F, Marian-Kurkdjan P, Duport B, et al. <u>Literature review and case</u> histories of Histogiana cansulatum duboisti infections in HVL infected patients <sup>(2)</sup>. Emerg Infect Dis. 2007 Nov:1311):1647-52.
   Chardward is Salam An Tokmen fungal infections in the Asia Partific region <sup>(2)</sup>. Med Merg 1211 Mar439(3):37344
- Nov;13(1):1647-52.
  4. Chakrabarti, A. Slavin MA. Endemic fungal infections in HM-Infected patients [2]. Emerg Infect Dis. 2007
  4. Chakrabarti, A. Slavin MA. Endemic fungal infections in the Asia-Pacific region [2]. Med Mycol. 2011 May;49(4):337-44.
  5. McLead DS, Mortimer RH, Perry-Keene DA, Allvorth A. Woods ML, Perry-Keene J, et al. <u>Histoplasmosis in Australia:</u>
  report of 16: Scase and literature needings (2). Index (2) In any 01:10-18.
  6. Benedict K, Mody RK, Epidemiology of histoplasmosis outbreaks. United States. <u>1938-2013</u> [2]. Emerg Infect Dis
  2016;22.
  7. Armstrong PA, Jackson BR, Haselow D, Fields V, Ireland M. Austin C, et al. <u>Multistate epidemiology of histoplasmosis.</u>
  <u>United States</u>. 2011;2019 [2]. Emerg Infect Dis 2018;24:425-31.
  8. Maja AM. Opene S, Sciffid BK, et al. <u>Mapping *Histoplasma casulatum* exposure</u>. United States [2]. Emerg Infect Dis
  2018;24:1835-9.

## Why this matters

Failure to diagnose is a possibilistic failure

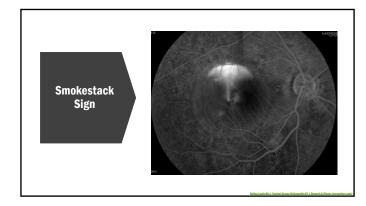
The importance of counting

### Misconception #2

The smokestack appearance on fluorescein angiography is the best indicator of central serous chorioretinopathy.

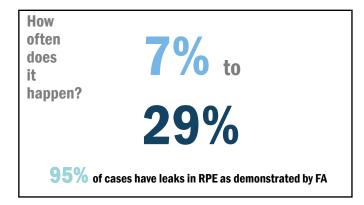
### Smokestack appearance

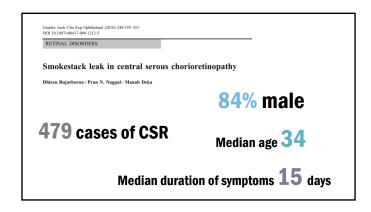


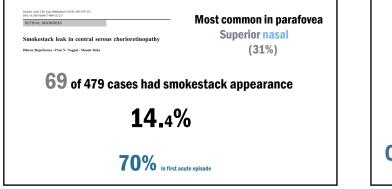


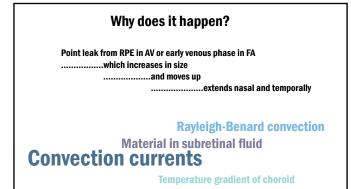


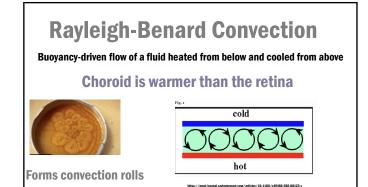
| Background   |   |  |  |  |
|--|---|--|--|--|
| Smokestack leak is the "classic" appearance of CSR |   |  |  |  |
| 1961 - Novotny and Alvis                           | Perfected use of FA to evaluate retinal circulation |  |  |  |
| 1971 - Shimizu and Tobari                          | upward diffusion                                    |  |  |  |
| 1972 - Burton                                      | smokestack or vertical appearing leak               |  |  |  |
| 1973 - Wessing                                     | fluorescein flag                                    |  |  |  |
|  |   |  |  |  |







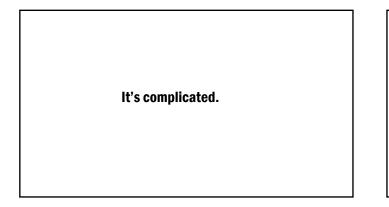




20% of unbound protein dye is the portion which fluoresces

This portion rises as it is less dense

Creating a thin upward trail



#### Prevalence

1.Age-related macular degeneration 2.Diabetic retinopathy

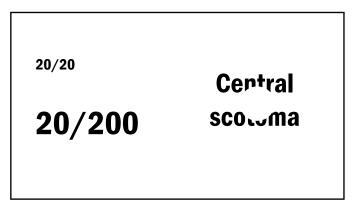
**3.Retinal vein occlusions** 

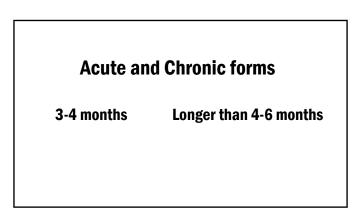
4.Central serous chorioretinopathy

#### Incidence

9.9 cases/100,000 men

1.7 cases/100,000 women





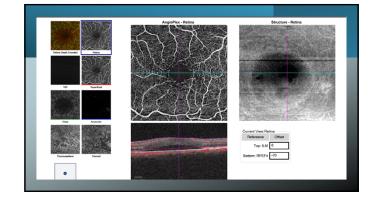
American Journal of Ophthalmology

#### OCT Risk Factors for 3-Year Development of Macular Complications in Eyes With "Resolved" Chronic Central Serous Chorioretinopathy

Results At month 36 Q2 eyes (82.2%) developed macular complications. Nine eyes (12.7%) displayed CNV, 9 eyes (12.7%) had large areas of RPE strophy, and 2 eyes (2.8%) developed cystoil macular degeneration. The following factors were associated with in increased risk of development of CNV intravialital preper reflective folds had an HR of 11.88 (95% confidence interval (C1: 10-37.24; P = 0.40); inner cheoridal attenuation had an HR of 9.66 (95% C1: 10-72.34; P = 0.40); inner cheoridal 300, Factors associated with the development of RPE archively were also identified: ONL thinning had an HR of 13.47 (95% C1: 10-79.84; P = 0.42); dome-shaped PED had an HR of 13.02 (95% C1: 10-79.34; P = 0.44). 28.2% had macular complications

 12.7%
 CNV

 12.7%
 RPE atrophy

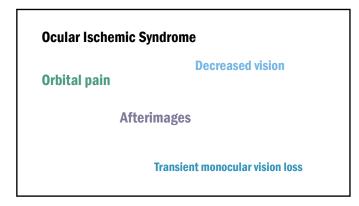


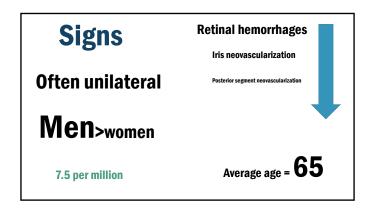
## Why this matters

Failure to diagnose is a possibilistic failure

We aren't doing FAs...but the physiology matters **Misconception #3** 

Ocular ischemic syndrome always needs treatment



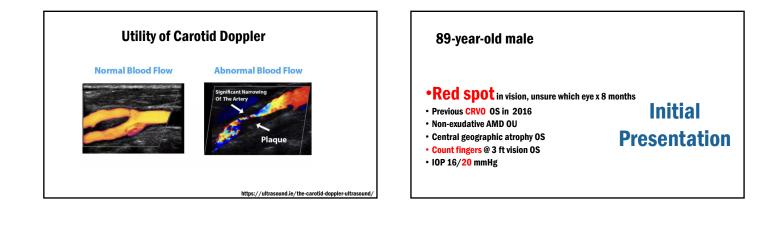


50% with OIS have total ipsilateral occlusion of carotid

#### 5-year mortality rate is 40%

### **Additional testing**

- 1. MRA/CTA
- **2. FA**
- 3. ESR/CRP
- 4. Carotid doppler



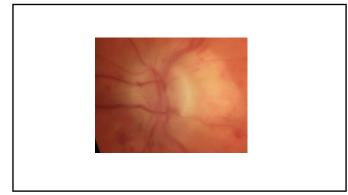


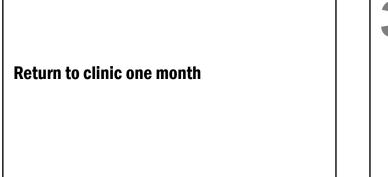
0.15 OD/0.2 OS

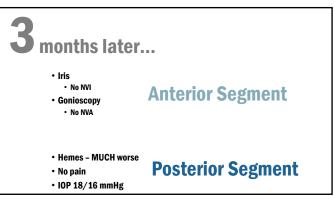
Disc collaterals versus early neo OS

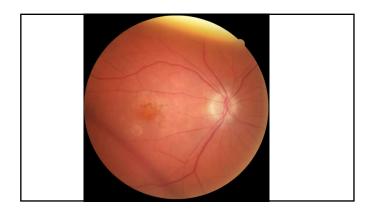
Mid-peripheral to peripheral dot hemes OS

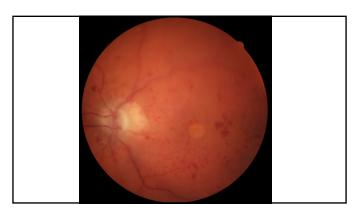
**RPE clumping OD, central atrophy OS** 

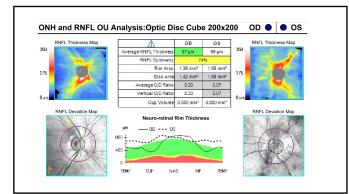


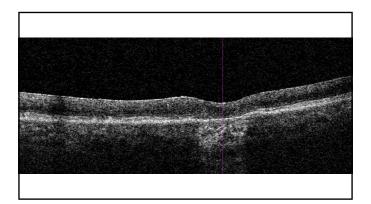














### **Review of medical history**

### **Carotid doppler**

**2016** No hemodynamically significant stenosis

**2020** Less than 50% stenosis

### Plan

Consult with retina within 2 weeks

No additional imaging ordered

\*Appointment scheduled for 2 months later

Case 2

78-year old male

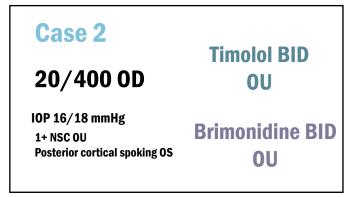
Jabbing pain over right eye

## Case 2

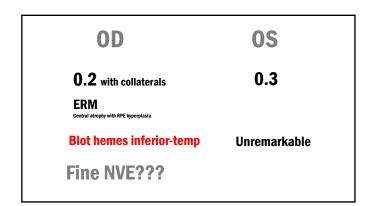
Type 2 Diabetes Hypertension Hyperlipidemia

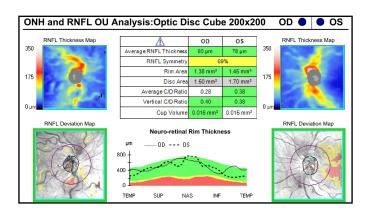
**Medical History** 

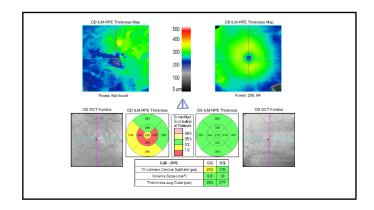
History of BRVO or CRVO OD **Ocular History** 

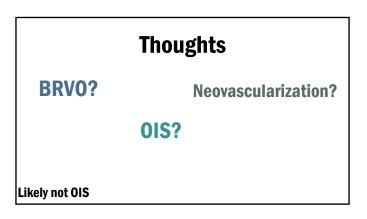


| OD  | 05            |
|---|---------------|
| <b>0.2</b> with collaterals                 | 0.3           |
| ERM<br>Central atrophy with RPE hyperplasia |               |
| Blot hemes inferior-temp                    | Unremarkable  |
| סומר ווכוווכא וווכרוטרינכוווף               | Unicinarkabic |

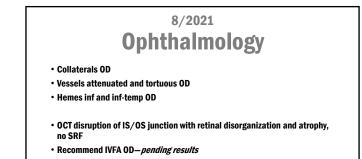








Refer to retina within 2 weeks



## Case 3

75-year-old AA male

### **Blurred vision at distance OU**

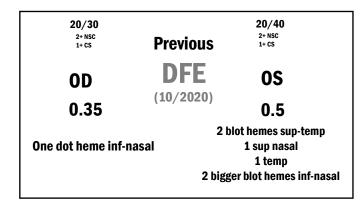
20/50 0D,0S

## Case 3

### **Medical** history

3 different blood thinners **Wed** Left superior quadranopsia from old cerebral bleed Type 2 diabetes

Mild/moderate DM retinopathy Physiological cupping Scattered dot / blot hemes in midperiphery OU



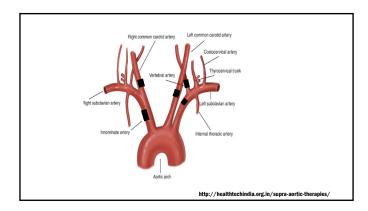
### Carotid Doppler 2013 and 2014

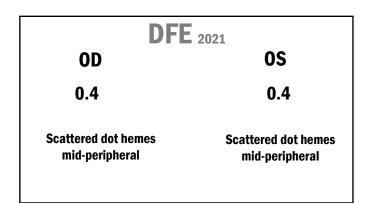
No hemodynamically significant stenosis

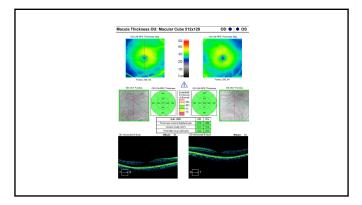
Unchanged reversed flow in left vertebral artery (subclavian steal)

## Carotid Doppler 2020

- Impression
- 1. Diffusely occluded right internal carotid artery
- 2. Diffusely occluded left internal carotid artery
- 3.Diffusely occluded left vertebral artery. Moderate to severe proximal left subclavian artery stenosis
- Right vertebral artery patient with kinked appearance in V1.
   Approximately 50% stenosis of the proximal innominate artery
   These findings are known and the patient was evaluated by vascular surgery at an outside facility

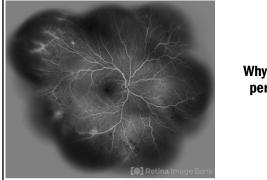




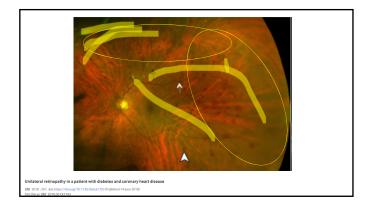


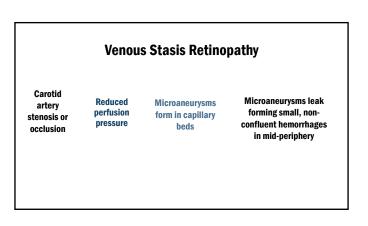
**Return to clinic 6 months** 

Continue care with cardiologist and vascular surgeon



Why the midperiphery?





### Ocular ischemic syndrome always needs treatment

**Pain** 

- Neovascularization of anterior segment
- Neovascularization of posterior segment
- **Retinal hemes**

#### **Misconception #3**

### Ocular ischemic syndrome always needs treatment

- 1. Cardiac disease
- 2. Stroke
- 3. Cancer

## Why this matters

OIS doesn't always present with mid-peripheral hemorrhages

Failure to diagnose OIS has a major systemic impact

### **Misconception #4**

CNV always occurs near fovea and is linked to an etiology

#### October 2020

CC: Blurred vision when looking at TV OU

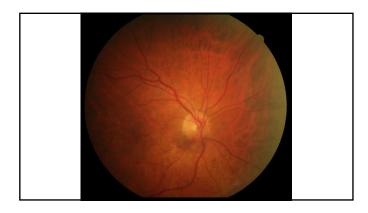
Ocular history: Non-exudative macular degeneration OU Cataracts OS>OD Med Hx: HTN

BCVA 20/20 OD 20/40 OS

IOP 12/11 mmHG

#### DFE

- 0.3 0D/0.35 0S
- Peripapillary hemorrhage OD inferiorly
- RPE mottling OU
- Tried to take OCT RNFL—difficulty fixating
- Macula OCT
  - Drusenoid pigment epithelial detachment OD,OS



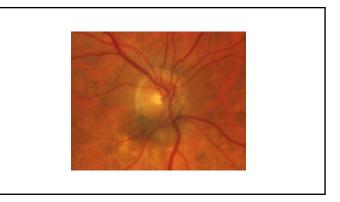


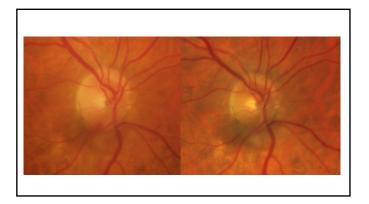


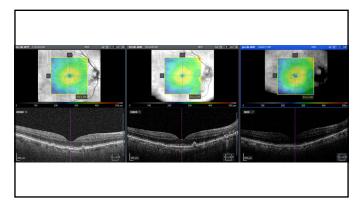
Return to clinic 3 months

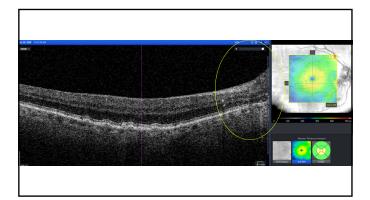
COVID-19...patient wasn't seen until 1/26/21











## 1/2021

- Follow-up
- Refill on artificial tears requested
- Glasses are working well
- •BCVA 20/25 OD, 20/70 OS (PH 20/40)
- IOP 9/10 mmHg

## DFE

#### •C/D 0.3 0D/0.3 0S

- Elevated pigmented region from 6-9 o'clock OD
- Previous disc hemorrhage resolved

### •Suspect optic nerve melanoma OD

#### Plan

Refer to ophthalmology for consult

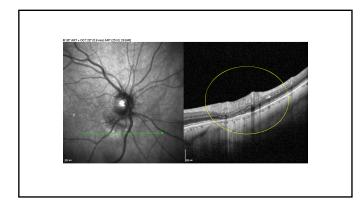
### 3 days later (Ophthalmology)

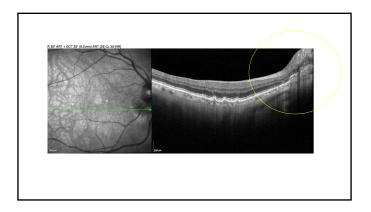
•Vision is still stable (20/25, 20/40 PH)

#### • OCT ONH

• Flat choroid with hypperreflective elevation inferior temporal optic nerve, trace sub-retinal fluid

## • Diagnosis: Peripapillary CNV • No treatment due to good visual acuity OD

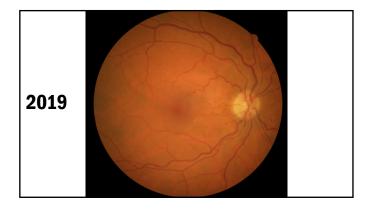


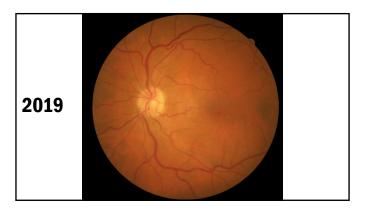


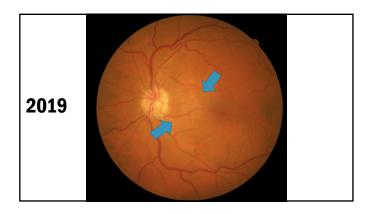
| Normal<br>nerve | Disc<br>heme inf | Suspected<br>ONH<br>melanoma | Perl-papillary<br>CNV | Stable<br>appearance |
|-----------------|------------------|------------------------------|-----------------------|----------------------|
| 20/25           | 20/25            | 20/25                        | 20/20-1               | 20/25                |

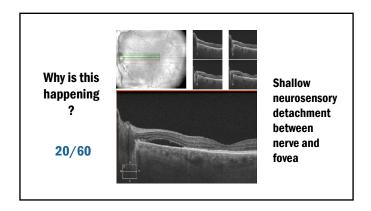
## 72 year old white male

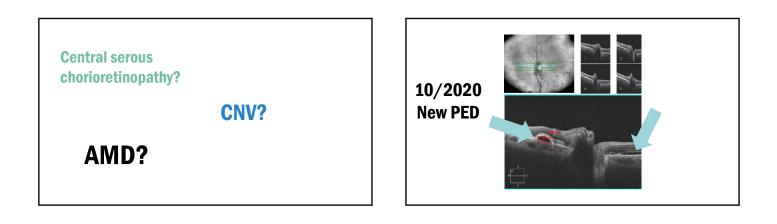
Just here for a check-up

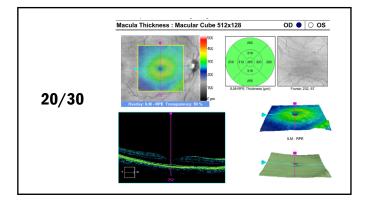


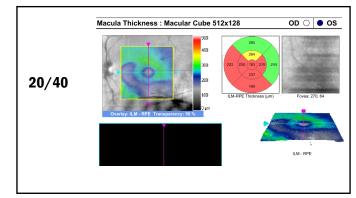


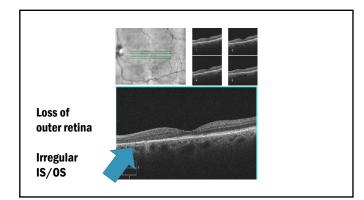






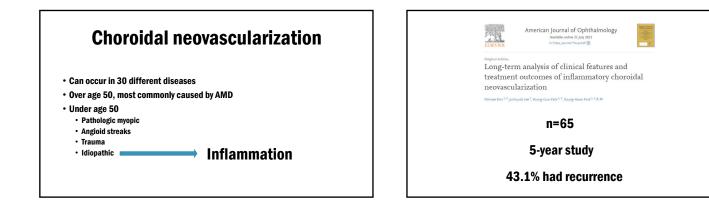


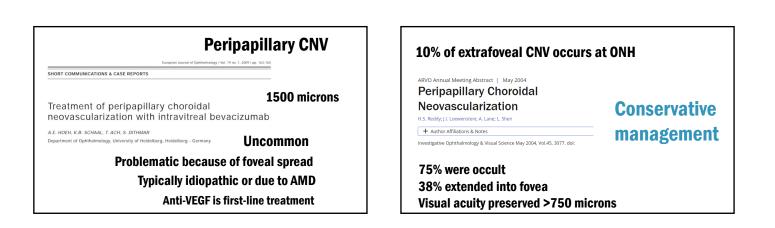


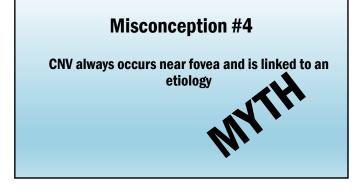


No treatment due to good acuity (and there is nothing to treat)

Ophthalmology opted to not perform a FA







## Why this matters

CNV that occurs outside the macula doesn't always have a specific etiology

Often this type of CNV isn't treated



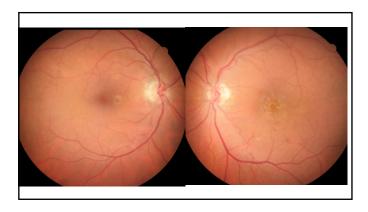
In macular degeneration a dramatic drop in acuity is always due to development of CNV

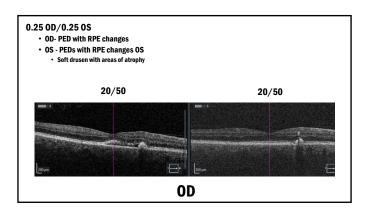
#### Case 1: Non-exudative AMD OS>OD

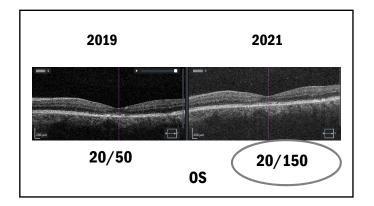
- 71 year old white male
- VA slowly decreasing OS, OD stable
- IVFA 9/2020–FAZ distortion OS, no fluid
- Last appointment: 20/50, 20/70
- Would like new glasses

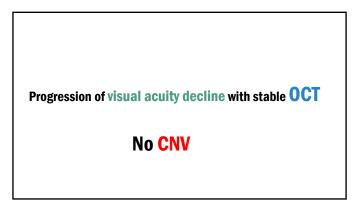
20/50

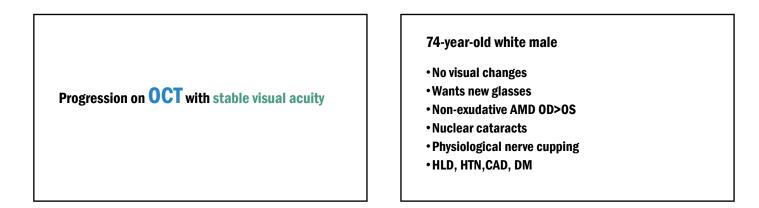
20/150

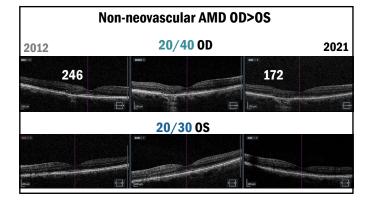


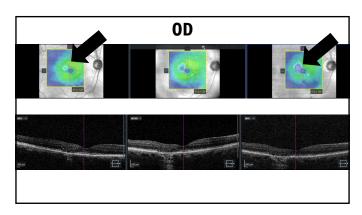


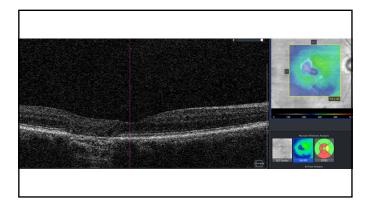


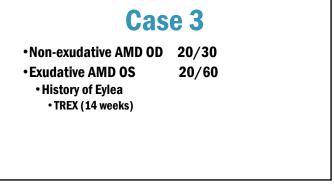












**CC: Here for a refraction** 

•20/40 OD

- •Worse than 20/800
  - Patient couldn't see the bottom half of the screen
  - •Tech measured him as 20/150

## Thoughts

New CNV activity

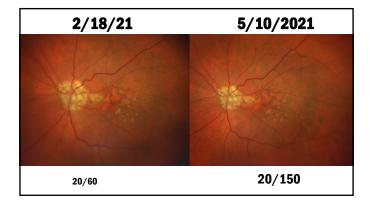
**Retinal detachment** 

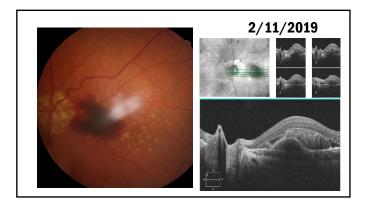
NAION/AION Vascular occlusion

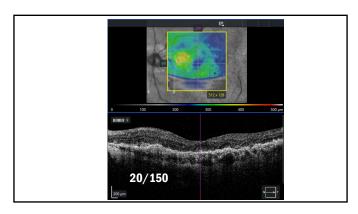
### **Refraction** → **DFE**

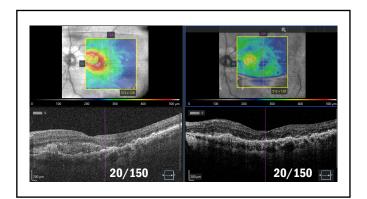
0.35 OD/0.35 OS

Optic nerves were normal—no swelling or pallor





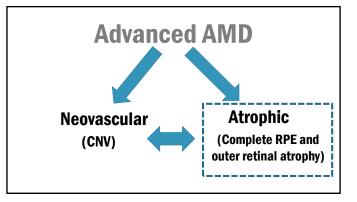




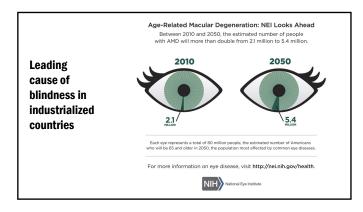
Instant messaged ophthalmologist -Looked at OCT together Already had an appointment scheduled the following week

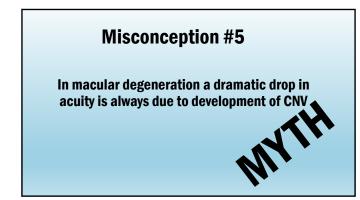
90% of AMD is dry

 $80\%\,$  of vision loss is caused by exudative AMD



# CAT 2 year results 59% increase of new atrophy NAN OR 1.47 new atrophy







Histoplasmosis only occurs in the OH and MS river valleys

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CNV always occurs near fovea and is linked to an etiology

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**Ocular ischemic syndrome always needs treatment** 

CNV always occurs near fovea and is linked to an etiology

In macular degeneration a dramatic drop in acuity is always due to development of CNV

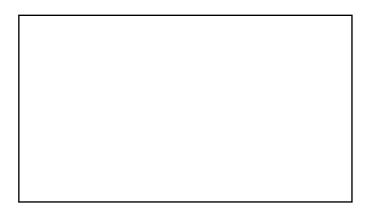
### Why this matters

Thinking we know is not the same as knowing

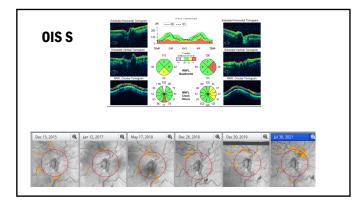
Thinking we know is dangerous

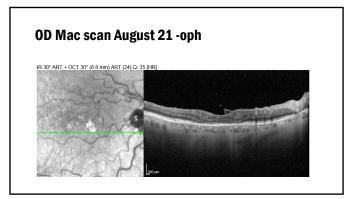
Thinking we know prevents us from knowing

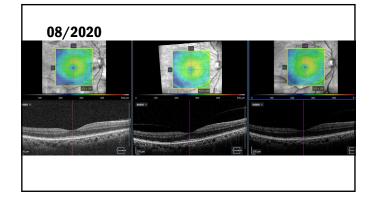
### Thank you!

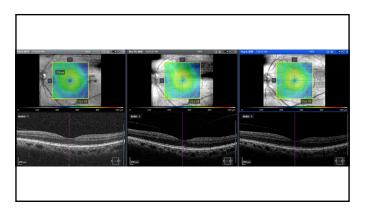












Posterior Ciliary Artery Circulation in Health and Disease The Weisenfeld Lecture

Sohan Singh Hayreh

+ Author Affiliations Investigative Ophthalmology & Visual Science March 2004, Vol.45, 749-757. doi:https://doi.org/10.1167/iovs.03-0469