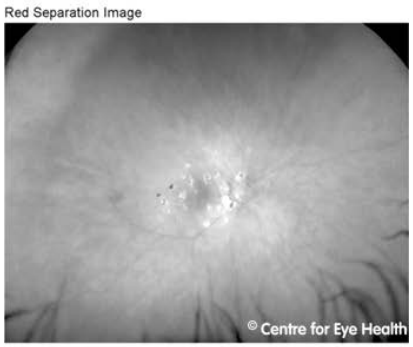
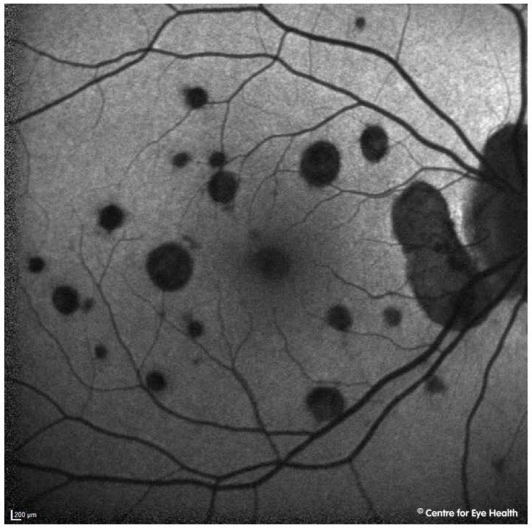
CFEH facebook Cases

CFEH Facebook Case #20

A 41 year old Caucasian female was referred to CFEH for a central retinal assessment regarding changes noted in the right eye. She has noticed non-mobile black spots in the vision of her right eye for several years. She has a moderate myopic script in both eyes and denies any history of ocular injuries or treatments. Included are the Optomap images and autofluorescence for the right eye (her left eye was unremarkable). What is the likely diagnosis?





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Optometry NEW SOUTH WALES AUSTRALIAN CAPITAL TERRITORY

ANSWER

Punctate inner choroidopathy (PIC)

PIC is a relatively uncommon inflammatory condition that is one of the "white dot syndromes'. Characteristic fundus findings include multiple yellow-white lesions at the level of the choroid and RPE, usually limited to the posterior pole, which leave atrophic pigmented scars on resolution. Initial presentation is usually associated with a loss of central visual acuity, photopsia and scotoma. PIC predominantly affects young myopic females.

The visual prognosis for most patients is good, however for a small percentage of patients there is a moderate risk of developing irreversible vision loss due to associated choroidal neovascularization (CNV) or sub-retinal fibrosis. These usually occur within 12 months of initial presentation. In the absence of symptoms, regular optometric reviews, Amsler grid home monitoring and periodic OCT imaging is required to monitor the condition and allow detection of vision threatening CNV.