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Outer retinal defects in pachychoroid pigment epitheliopathy

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Purpose:

To describe unique outer retinal defects in patients with pachychoroid pigment epitheliopathy.

Methods:

Single-center, prospective observational case series of patients noted to have outer retinal defects in the setting of pachychoroid pigment epitheliopathy.

Results:

Eleven eyes of eight patients with pachychoroid pigment epitheliopathy were included. The mean age of patients was 61.38 years (range 48 to 71). The mean subfoveal choroidal thickness was 481 μm and mean visual acuity was logMAR 0.14. There were focal disruptions of the ellipsoid zone (EZ) and interdigitation zone (IZ) in 10 eyes with disruption of only the IZ in one eye. Hyper-reflectivity of the ELM overlying the area of EZ and IZ disruption was seen in 7 eyes and an underlying transmission defect was seen in 5 of these eyes. Foveal involvement was present in 6 eyes. Dilated choroidal vessels underlying the focal defects was noted in 4 eyes. Long-term follow-up (range 9-12 months) was available in three patients, with minimal change of defects. Five patients had diabetes mellitus type

Conclusions:

Patients with pachychoroid pigment epitheliopathy may develop focal outer retinal defects in the EZ and IZ. Patients have a stable disease course and retain good visual acuity. There may be increased risk of these defects in patients with diabetes.