

Diabetic Retinopathy/Maculopathy

Clinical data presented by courtesy of *Gurdeep Bidhesha*
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■ Patient

59 year-old Bangladeshi male
 Patient presented 24th June 2013 to UNSW optometry clinic

Chief Complaint: He had an eye examination one month prior elsewhere but wanted another check including a fundus check Patient noticed that OD was weaker compared to OS since his cataract extraction a few months ago.

Ocular Clinical History: No rx worn at present. DV ok, NV down wo rx. Bilateral cataract extraction done OD 2011, OS 23/03/13 at Sydney Eye Hospital. Discharged 04/2013. (-) Ocular injury, (-) Vision therapy, (-) Headaches, (-) Diplopia, (-) Flashes/floaters.

General Medical History: (+) Type 2 diabetic since 2005 (mean blood sugar levels 6-7.), (+) Hypertension,

Medications: Unknown meds for diabetes, Micardis and Nexium
Allergies: Nil

Family Ocular Clinical History: (-) Glaucoma, (-) AMD

Family Medical History: (-) Diabetes mellitus (-) Hypertension

Vision: (OD) 6/12 ph 6/9.0 (OS) 6/7.5

Rx: (OD) +0.25/-0.50*105 6/7.5niph N8 (OS) Plano 6/6 N6 with +2.25 add

Pupils: DCN OD+OS No RAPD

Cover Test: Ortho D+N

Motility: SAFE

Confrontation: Full

External: Nasal/temporal pingueculae OU, Iris atrophy at 3 o'clock pupil borders OU, OD IOL PCO changes, OS IOL clear

■ DFE

Scattered dot blot haemorrhages at posterior pole OU with exudates near OD macula and unusual ILM reflex at OS macula (Figure 1 and 2).

■ OCT

ETDRS and GCchart outside normal limits OD (Figure 3).

Radial profile OD revealed exudates within inner retinal layers with adjacent cystic spaces (Figure 4 and 5). Retinal profile of OS normal. No signs of oedema.

■ Diagnosis

Clinically significant macula oedema OD with minimal NPDR, OS with moderate NPDR.

■ Management

Patient referred urgently to POW Eye clinic. A letter from the hospital dated July 8th, 2013 confirmed the above diagnosis. The registrar emphasised better control of blood sugar levels and blood pressure as first line treatment. A threemonth review in the Retina clinic was booked.



Figure 1.



Figure 2.

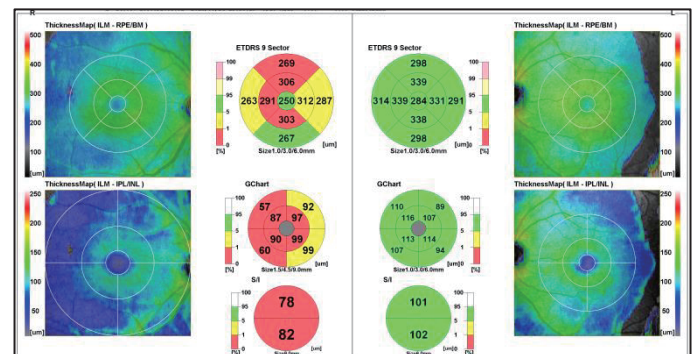


Figure 3.

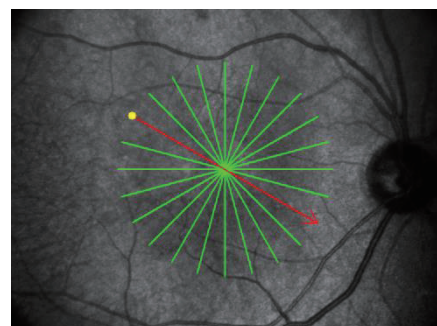


Figure 4.

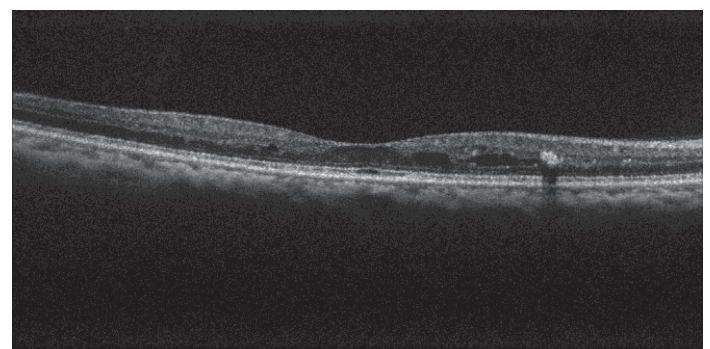


Figure 5.