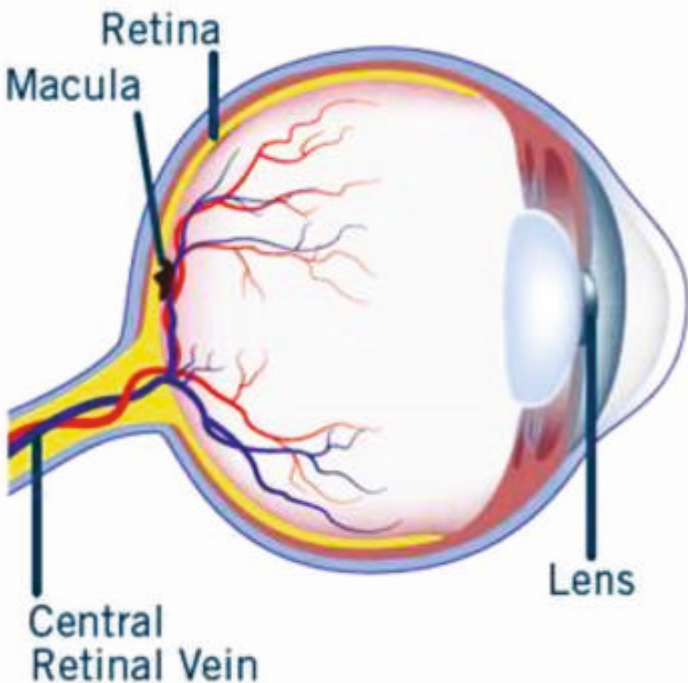


RETINAL VEIN OCCLUSION

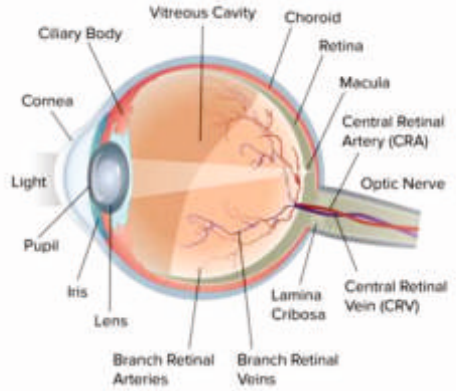
Symptoms, Prevention & Treatment of Retinal Vein Occlusion



Human Eye

The human eye has been called the most complex organ in our body.

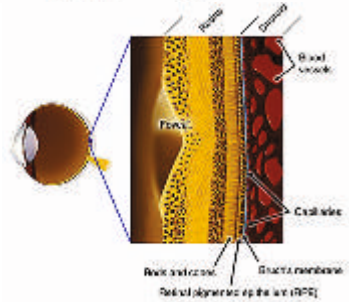
Light enters through the cornea, passes through the opening in the iris, called the pupil, and then to the lens, which focuses light on the retina—the inner lining of the back of the eye.



Retina

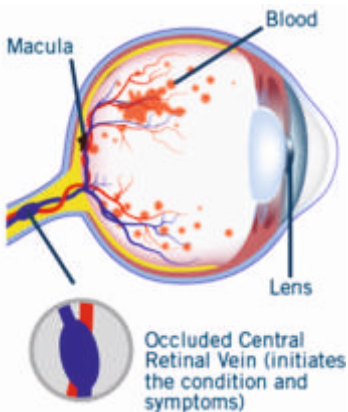
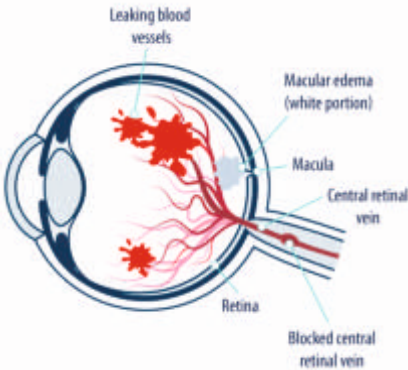
The retina is lined with light-sensitive cells, or photoreceptors, called rods and cones. The macula is the center of the retina, and it is responsible for sharp central vision. The fovea is a small depression in the macula that provides the sharpest vision of all.

When light reaches the retina, the photoreceptors send impulses along the optic nerve to the brain, which interprets them as vision.



What is Retinal Vein Occlusion (RVO)?

A retinal vein occlusion is sometimes referred to as an “eye stroke.” It's the blockage of one of the veins returning blood from your retina back to your heart. Blockages from blood clots or fluid buildup in your retinal veins impairs your retina's ability to filter light and your ability to see. The severity of vision loss depends on which vein is blocked.



Types of Retinal Vein Occlusion

There are two types of retinal veins. There's one central vein and many smaller branch veins. When a retinal vein is blocked, it cannot drain blood from the retina. This leads to hemorrhages (bleeding) and leakage of fluid from the blocked blood vessels.

There are two types of retinal vein occlusion: Central retinal vein occlusion (CRVO) is the blockage of the central retinal vein. Branch retinal vein occlusion (BRVO) is the blockage of one of the smaller branch veins.

Signs & Symptoms

The primary symptom of retinal vein occlusion is a blurring or loss of vision that's usually sudden in onset and generally in only one eye.



Normal Vision



Blurry Vision



Distorted Vision

What Causes Retinal Vein Occlusion (RVO)?



Atherosclerosis



Smoking



Glaucoma



High Blood Pressure



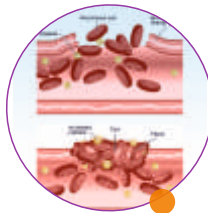
Macular edema



Diabetes



High Cholesterol



Blood clotting disorders



How to Manage Retinal Vein Occlusion?

Diagnosis:

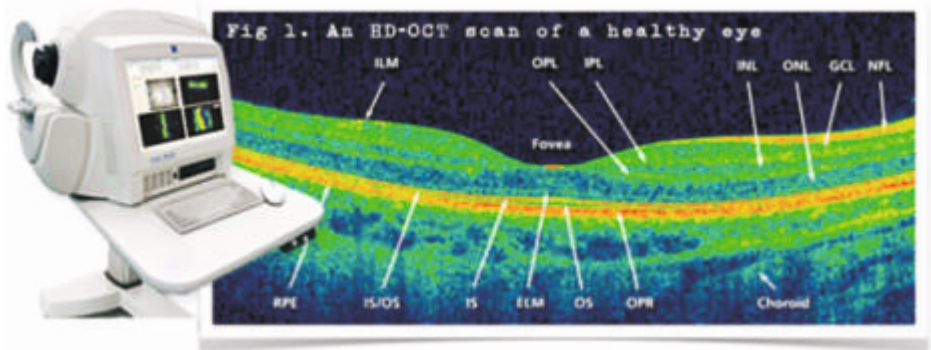
This disease is diagnosed with a comprehensive eye exam, including vision and pressure checks, and examining the surfaces and vessels of your eye. Other tests to diagnose retinal vein occlusion include:

Ophthalmoscopy

The changes caused by RVO may be seen by examination of the retina with an instrument called an ophthalmoscope.

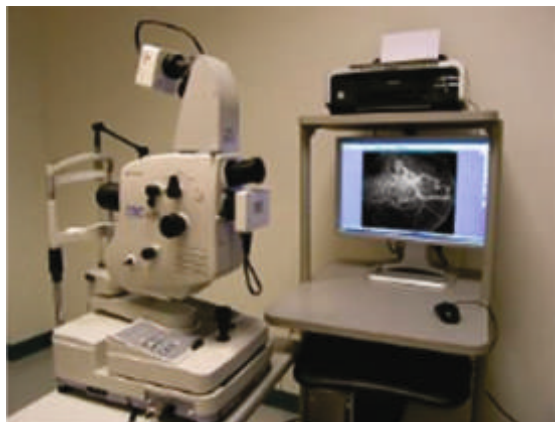
Optical Coherence Tomography (OCT)

This is a high definition image of the retina taken by a scanning ophthalmoscope with a resolution of 5 microns. These images can determine the presence of swelling and edema by measuring the thickness of your retina. The doctor will use OCT images to objectively document the progress of the disease throughout the course of your treatment.



Fundus Fluorescein Angiography (FFA)

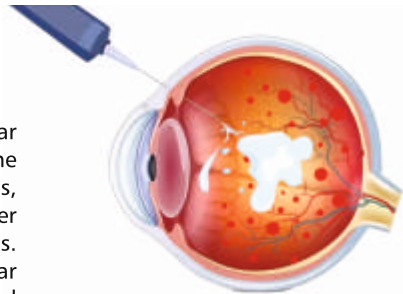
This is a test procedure in which a dye that is injected into a vein in the arm travels to the retinal blood vessels. Special photographs allow ophthalmologist to see the vessels.



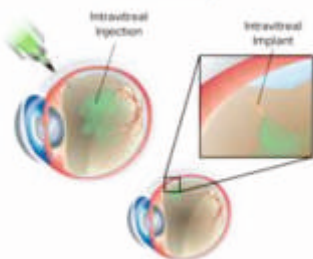
Treatment:

Anti-VEGF Injection Therapy

Anti-VEGF drugs target and block VEGF (vascular endothelial growth factor). Lower levels of VEGF in the retina decrease its effects on retinal blood vessels, reducing macular edema and the occurrence of other complications, such as the growth of abnormal vessels. Anti-VEGF drugs have been effective in treating macular edema for many RVO patients, demonstrating improved visual acuity without risk of developing other major eye conditions.



Corticosteroid Therapy

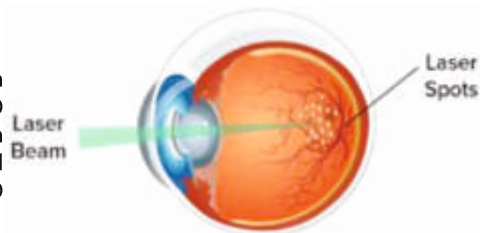


Corticosteroid Therapy

Steroids can stabilize the vessel wall and reduce vascular permeability. This can be given as intravitreal injection or through a sustained-release implant.

Laser Photocoagulation

Grid laser photocoagulation has not been effective in treating macular edema in CRVO patients. It does not benefit vision when compared to patients without treatment, and is therefore not recommended for CRVO patients.



Routine Care

Because this disease occurs in veins, you can reduce your risk of it by protecting your blood vessels and maintaining healthy vascular tissue. Healthy lifestyle and dietary changes include:

- Exercise regularly
- Maintaining a healthy weight
- Quitting smoking
- Controlling diabetes
- Controlling blood pressure
- Reducing your cholesterol
- Taking aspirin or other blood thinners if recommended by your doctor

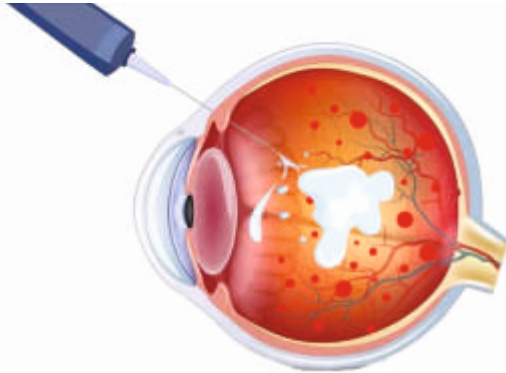
Getting regular eye exams will help your doctor detect and diagnose any eye diseases early on.



Anti-VEGF Injection Therapy

It is an approved medication for macular edema following retinal vein occlusion

How Does It Work



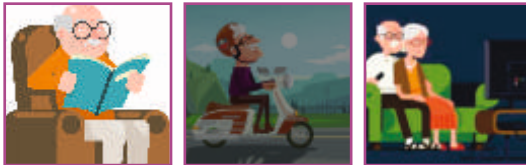
In Retinal vein occlusion, blood and fluid leaking into the macula causes swelling, a condition called macular edema, which causes blurring and/or loss of vision.

Anti-VEGF Injection stops leakage from blood vessels and reduces macular edema and also reduces the risk of subsequent vision loss.

The effect of drug lasts for a month or maybe more, hence the number of injection you receive, will depend on your condition and as per your doctor's advice.

Benefits

Treatment with anti-VEGF injection may improve important visual qualities (color, brightness & sharpness) and several activities like reading, watching television, driving car etc. which influence quality of life.



Disclaimer: This material is for information purpose only. It does not replace the advice or counsel of a doctor or healthcare professional. We make every effort to provide information that is accurate and timely, but makes no guarantee in this regard. You should consult comply with only on the advice of your ophthalmologist or healthcare professional.



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