

Photodynamic Therapy: Focal Treatment for Idiopathic Polypoidal Choroidal Vasculopathy

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Advantages:

The focal (selective) treatment with photodynamic therapy (PDT) to treat idiopathic polypoidal choroidal vasculopathy (IPCV) has the advantage of producing minimum changes in the choroid and pigment epithelium.

Methods:

Retrospective study of 8 eyes of 6 patients with visual loss due to IPCV. Diagnosis was confirmed with indocyanine green (ICG) angiography. We treated with PDT only the "hot spots" or the maximum hyperfluorescence focal area. All patients had a minimum follow-up of 6 months. After one month, funduscopy and visual acuity examination using ETDRS optotype were performed. After 3 months all the examinations including fluorescein and ICG angiography were repeated. Later on, control examination had taken place every 6 months.

Effectiveness / Safety:

Five women and one man were included in the study. Age ranged from 64 to 85 years. Mean follow-up was 18.1 months (range: 6-35 months). Mean initial and final visual acuity was 20/100 and 20/80, respectively. Visual acuity improvement was observed in six eyes and stabilization in two eyes. Five eyes needed only one treatment, the remainder had additional therapy: two eyes had two PDT sessions and only one eye required five PDT sessions. In our study, focal PDT of "hot spots" has shown to be an effective, non-invasive and safe treatment for IPCV.