

**Unicentric, randomized, open, parallel study of comparison of photodynamic therapy (visudyne) V/s intravitreal triamcinolone (4mg) in combination with photodynamic therapy for subretinal neovascular membrane in ARMD**

*Author: Dr. S. Natarajan, Dr.Hemant Todkar, Dr. Hitendra B. Mehta, Dr. Santosh Mahapatra*

**Purpose:**

To study the role of intravitreal steroid with Photodynamic Therapy (PDT) for subretinal neovascular membrane.

**Methods:**

Group A (23 eyes) underwent PDT and intravitreal triamcinolone 4 mg given intravitreally 1 week after PDT done for SRNVM. All patients underwent thorough eye examination. Fundus Fluorescein angiography (FFA), Indocyanine Green Angiography (ICGA) & Optical Coherence Tomography (OCT) done before treatment and three months after treatment.

**Results:**

The cohort included Juxtafoveal CNV and Subfoveal CNV. The lesions were classic or occult or mixed. The rate of retreatment at the end of 9 months was 1.9 for those receiving PDT & IVTA given 1 week after PDT. The rate of retreatment at the end of 9 months was 2.6 for those underwent PDT alone.

**Conclusion:**

1) Established safety profile for 4 mg IVTA. 2) Theoretical & scientific rationale for the use of steroids in neovascular ARMD. 3) Some clinical indication of biologic response in neovascular ARMD (better in occult than classic). 4) Short term maintenance or improvement in vision may be due to resolution of leakage of fluid rather than involution or stabilization of CNV. 5) Evidence does not support monotherapy (Intravitreal Triamcinolone) at this time. 6) Combined therapy patients require less retreatment than monotherapy with PDT.

**Take-home message:**

Combined therapy patients require less retreatment than monotherapy with PDT.