



PAMM VS METABOLIC SYNDROME: DIAGNOSTIC CHALLENGE

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PURPOSE

To report a case of unilateral Acute Paracentral Mean Maculopathy (PAMM) in a patient with metabolic syndrome and the importance of a multidisciplinary approach and treatment.

METHODS

Information was obtained through review of medical records, multimodal imaging of the retina and literature review.

RESULTS

G.L.R, male, 41 years old, mentioned a sudden and painless black spot in the right eye that started 60 days ago. He referred uncontrolled systemic hypertension since he was 20 years old, obesity, dyslipidemia and diabetes. His vision was 0.9 in OR and 1.0 in OS. Retinography: Discret lower temporal hypochromia. OCT (Spectral Domain): Hyper-reflectivity band in the inner nuclear layer (INL) in the temporal foveal area. OCT Angiography: Retinal capillary ischaemia at the level of the intermediate plexus and thinning of the INL. The patient was referred for a multidisciplinary follow-up as well as control of the underlying diseases and guided towards changes in lifestyle and risks inherent of condition

DISCUSSION

PAMM is caused by retinal ischemia specific to the deep capillary plexus. The etiology is unknown but a vascular etiology is hypothesized. PAMM has been associated with numerous retinal vascular diseases including Diabetic Retinopathy, Hypertensive Retinopathy and also environmental risk factors such as vasopressor exposure has been proposed. It is very importante to have a high index of suspicion for this condition in order to start an appropriate evaluation and work-up to exclude contributing systemic or cardiovascular risk factors. Diffuse lesions can harbour an occult central retinal artery occlusion, therefore is mandatory to rule out underlying carotid disease or giant cell arteritis.

