



A CASE REPORT OF RETINAL ISCHEMIA IN A YOUNG PATIENT: A WARNING TO LIFESTYLE CHANGE

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Case Report



A 37 years old patient, male, caucasian, without ophthalmological history of interest, complained of paracentral scotoma on left eye in the last 3 days.

Previous History: sporadic episodes of migraine with aura; in use of antibiotics due to sinusites; consumption of 8 espresso coffees per day.

Ophthalmological Examination:

- Best Visual Acuity

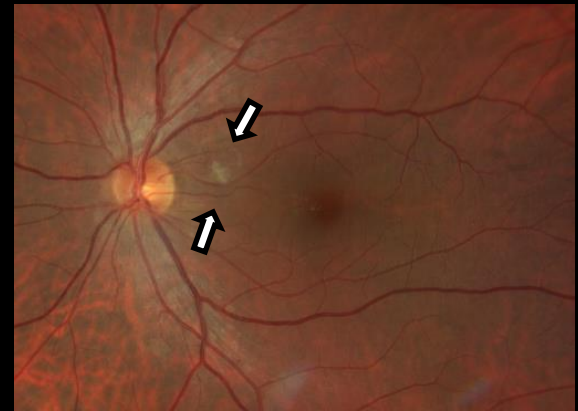
RE: 20/20

LE: 20/20

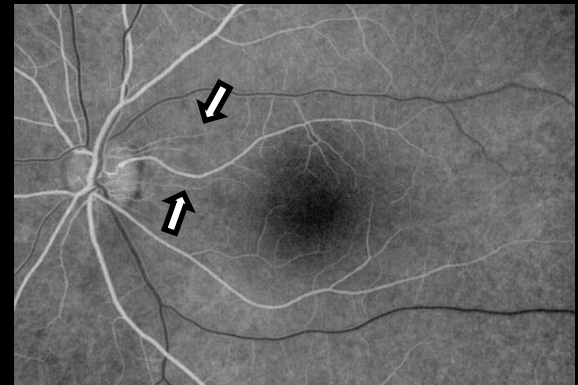
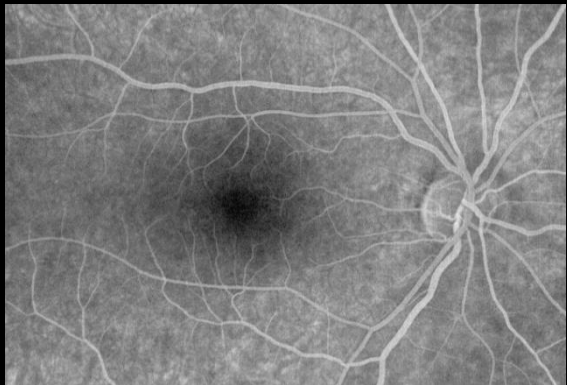
Biomicroscopy and IOP normal in both eyes.

Case Report:

- **Fundoscopy:**
RE: normal
LE: cotton-wool exudate
located in the papillomacular
bundle

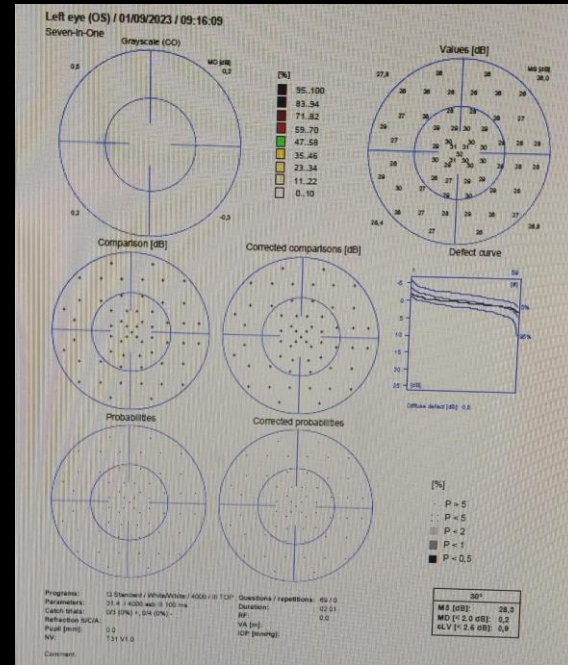
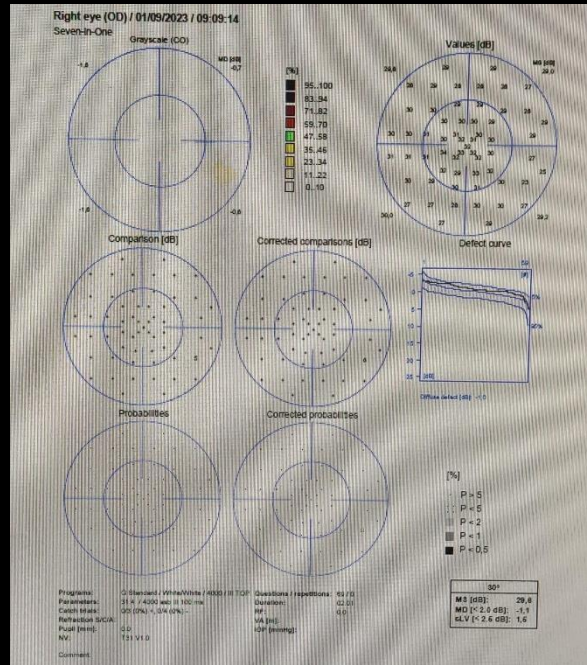


- **Fluorescein angiography:**
RE: normal
LE: minimal
hypofluorescence in the
initial phase on the cotton-
wool exudate area



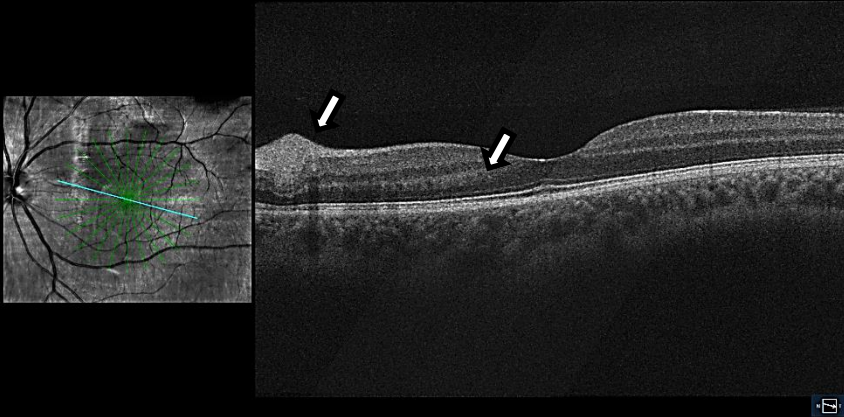
Case Report:

- Computerized Visual Field:
OU: normal

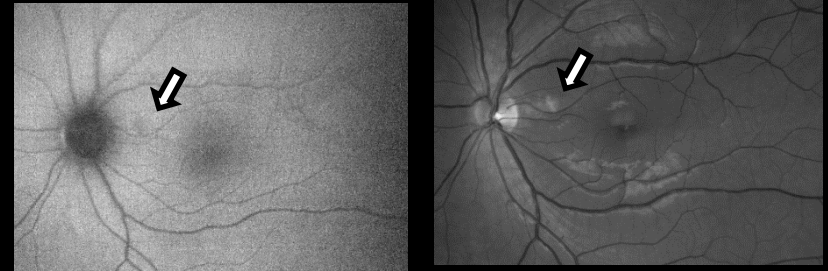


Case Report:

- Complementary imaging exams in left eye



OCT: hyperreflective lesion elevated at the level of the nerve fiber layer associated to a hyperreflective band at the level of the outer nuclear layer



Cotton-wool exudate is seen as subtle hypoautofluorescence on FAF-green and hyporeflectance on Red-free.

**Laboratorial exams, magnetic resonance of the skull and cervical angioresonance:
without significant alterations**

Paracentral Acute Middle Maculopathy (PAMM)



- **Definition:** OCT finding characterized by hyperreflective bands in the middle layers of the macula observed in patients with retinal capillary ischemia and persistent nonspecific scotomas
- Biomarker of vascular morbidity
- **Risk factors:**

Systemic

- Vasopressor exposure (e.g., caffeine, vasopressors, oral contraceptives)
- Vasculopathy (SAH, DM, dyslipidemia and smoking)
- Systemic hypotension/hypovolemia/severe hemorrhage
- Pregnancy

Ocular

- Diabetic retinopathy
- Hypertensive retinopathy
- Sick cell retinopathy
- Purtscher retinopathy
- CRVO and CRAO

- **Treatment:** risk factor control