



Adult-onset Coats Disease: Case report of a variant of Coats Disease

¹First-year fellow of the Retina Department, Banco de Olhos de Sorocaba (BOS), SP, Brazil

² Staff of the Retina Department, Banco de Olhos de Sorocaba (BOS), SP, Brazil

³ Chief of the Retina Department, Banco de Olhos de Sorocaba (BOS), SP, Brazil

Gabriella Reis de Barros Ribeiro M.D¹

Antônio Augusto de Andrade Cunha Filho, M.D¹

Anna Carolina Carvalho de Araújo M.D²

Arnaldo Furman Bordon, M.D, Ph.D³

PURPOSE: To report a case of Adult-onset Coats disease .

METHODS: Case report of a 45-year-old white female, referred due to progressive low visual acuity in the left eye (LE), no previous comorbidities and others complaints. At the Ophthalmological examination: visual acuity in the right eye 20/20 and in the left eye 20/200; biomicroscopy without changes. Fundoscopy: right eye without changes and left eye: large superior temporal exudative plaque with exudative retinal detachment, vascular thinning temporal, macroaneurysm in the exudation area and laser marks bordering the exudate plaque. Fluorescein angiography (LE): exudative lesion, with the appearance of Coats' disease, telangiectatic vessels and peripheral macroaneurysm. An ultrasound was performed, visualizing an image of serous retinal detachment, excluding tumor damage and other pathologies and macular edema was seen on Optical Coherence Tomography (OCT).

FIGURE 1: Fundus imaging. Left eye. (OS)

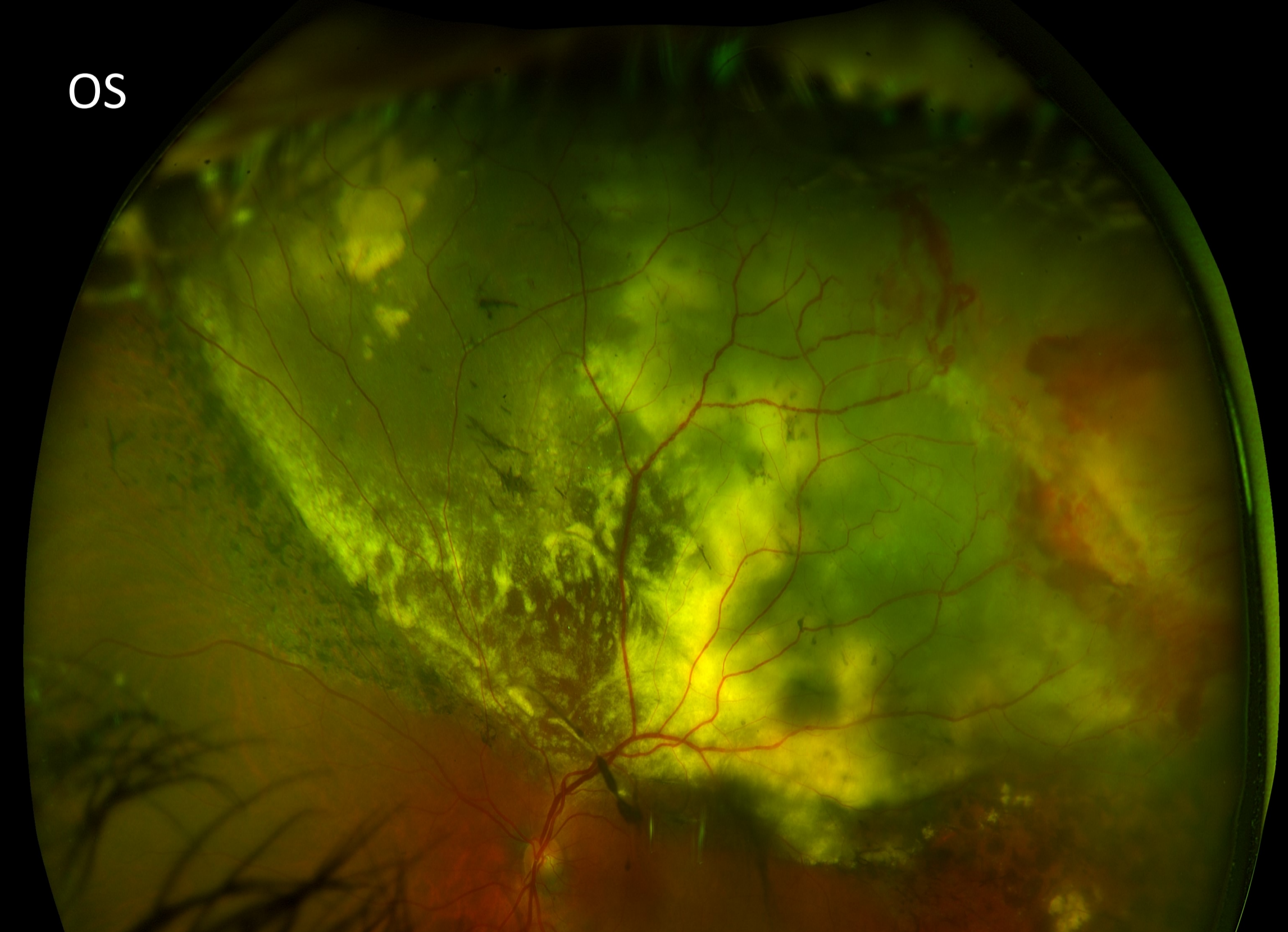
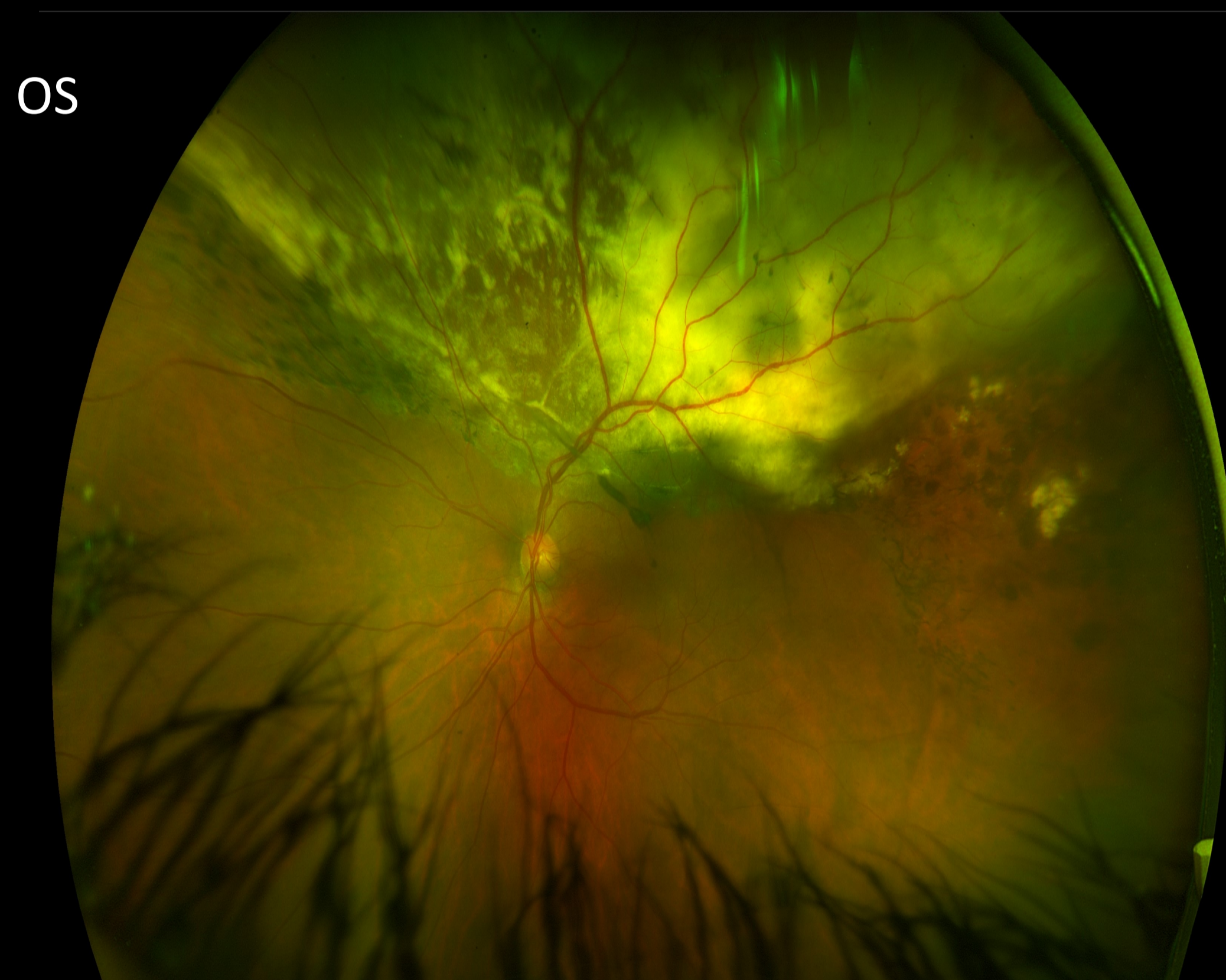


FIGURE 2. Fluorescein angiography (LE): exudative lesion, with the appearance of Coats' disease, telangiectatic vessels and peripheral macroaneurysm

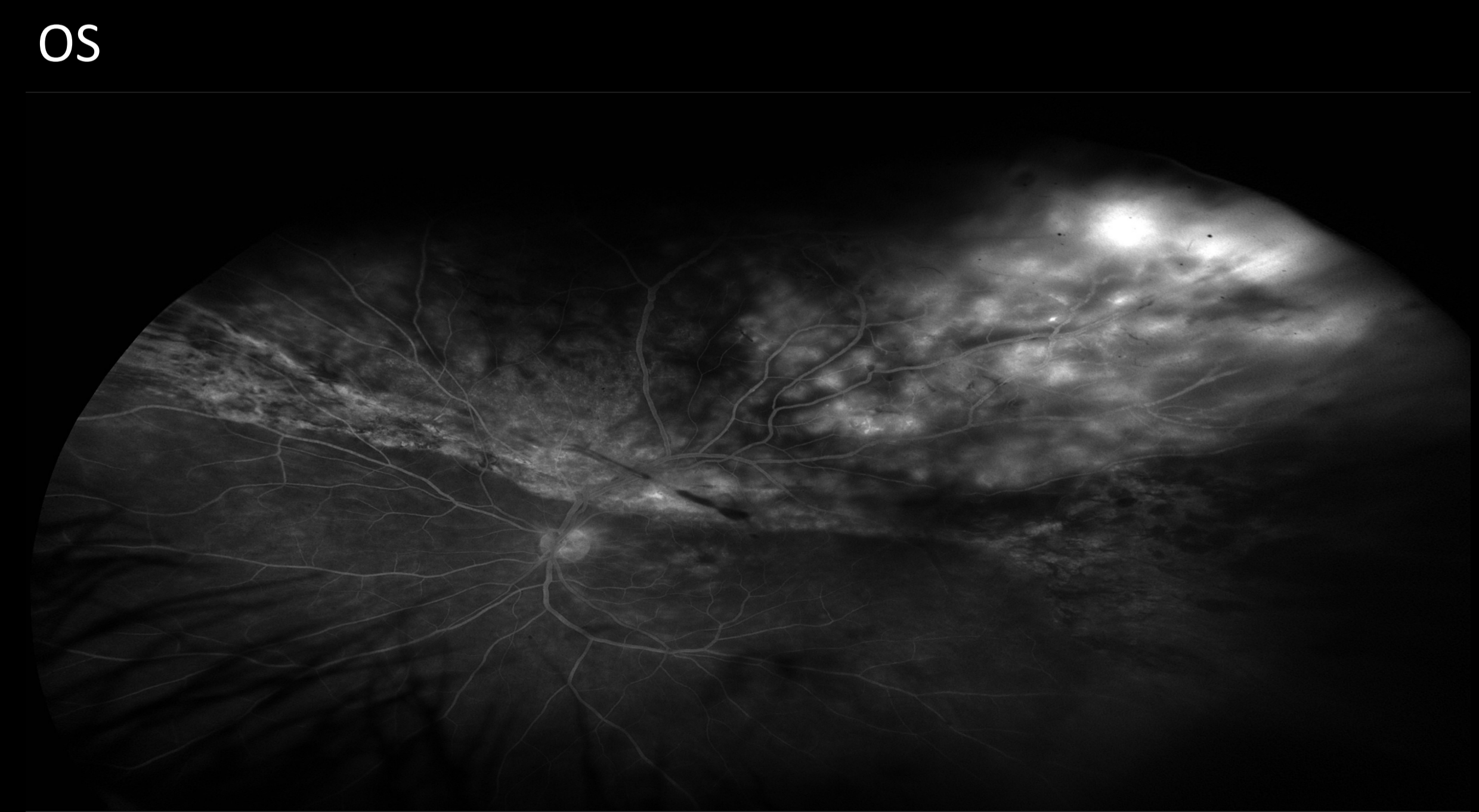


FIGURE 3. US visualizing an image of serous retinal detachment.

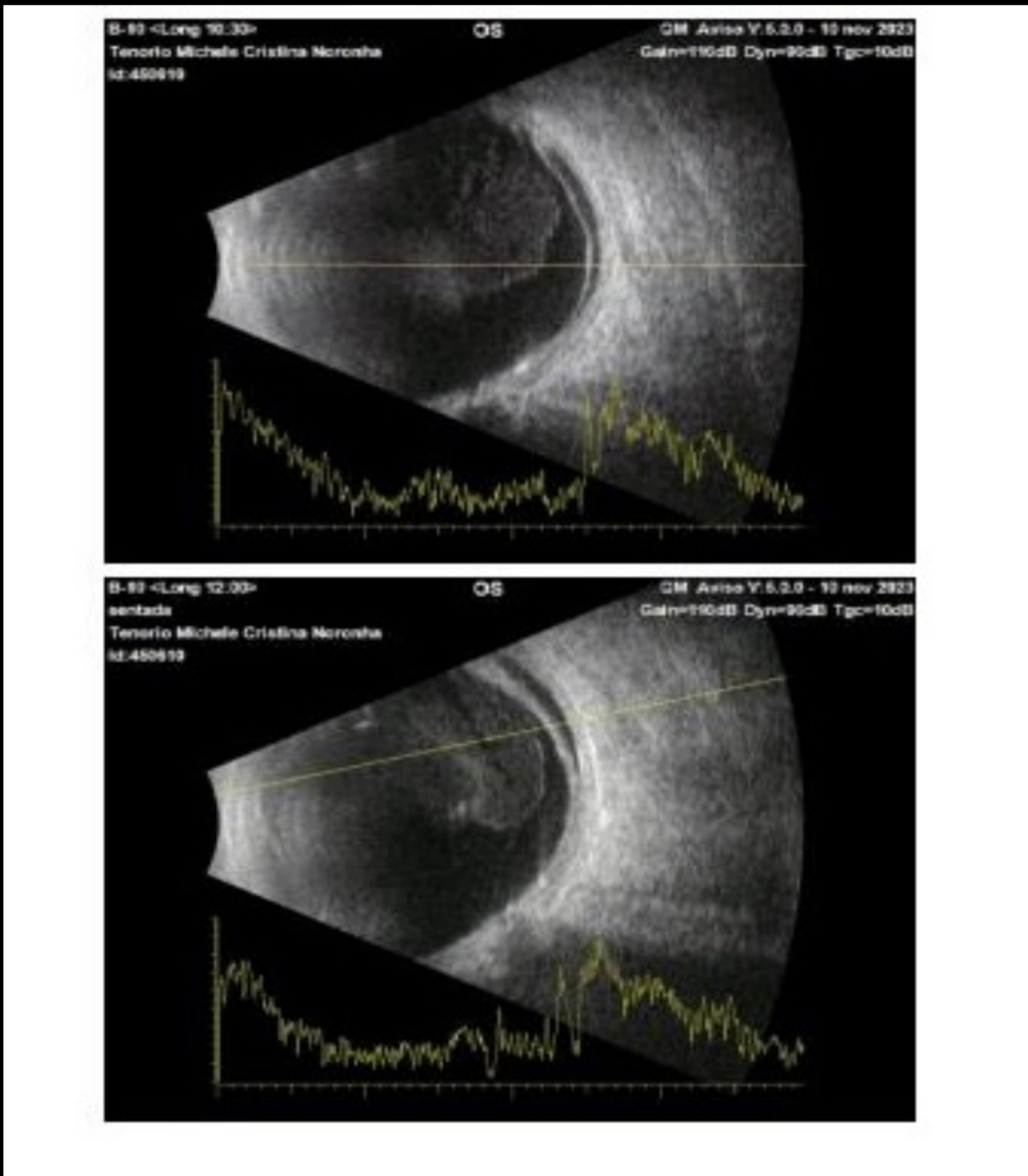
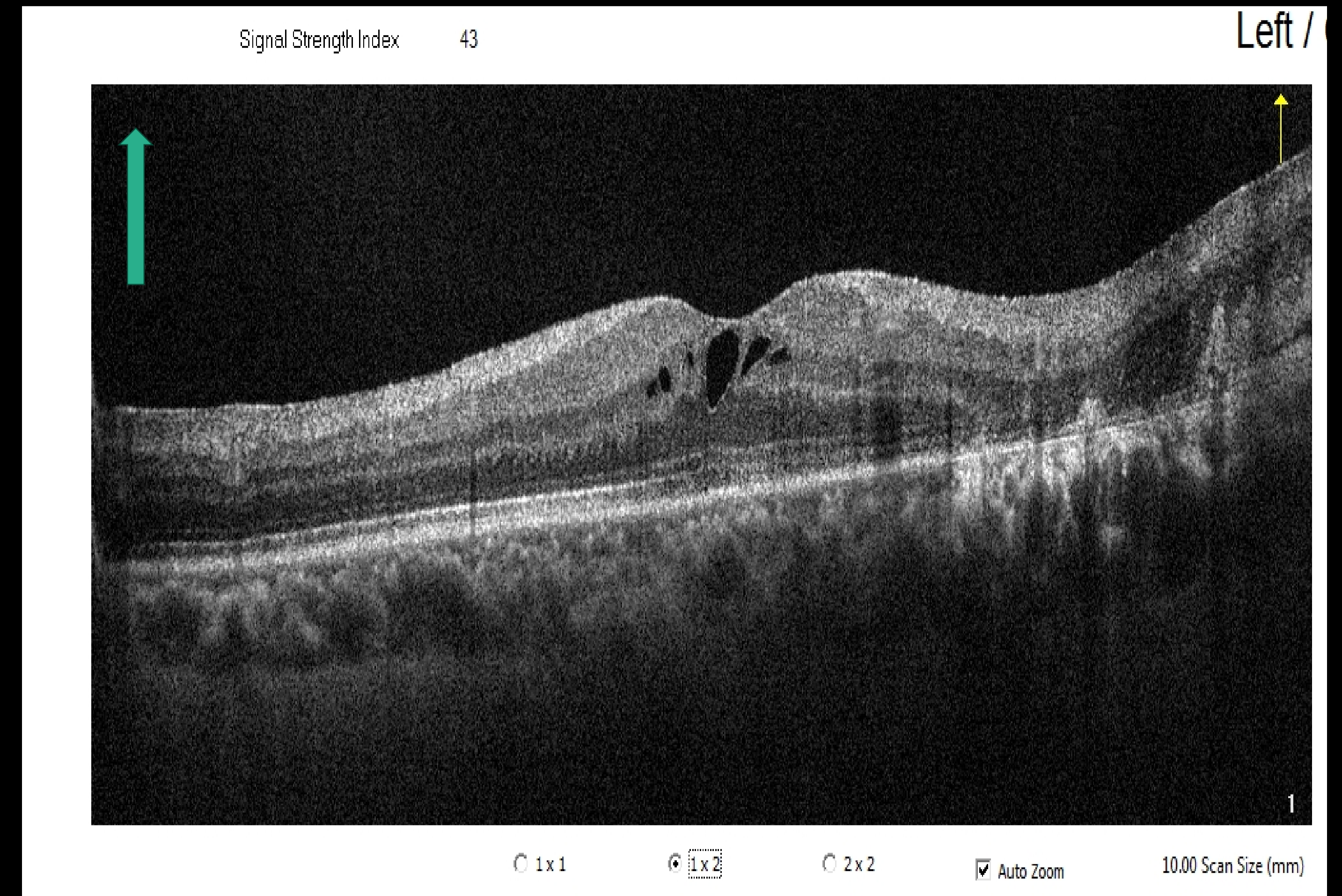


FIGURE 4. OCT with macular edema



RESULTS: The case was discussed and cryotherapy treatment was chosen.

DISCUSSION: Coats disease is an idiopathic pathology characterized by the abnormal development of retinal telangiectasias, with progressive deposition of intra or subretinal exudates, without vitreous and/or retinal tractions. It is considered a diagnostic challenge due to the varieties of presentations and differential diagnoses with other retinal vascular and exudative pathologies. Cases are rare diagnosed in adulthood, which have a more favorable prognosis. The treatments are dependent on the stages of the disease. In the case, cryotherapy was chosen due to exudation with subretinal fluid of such thickness that the cryogenic reaction can reach the retina.

REFERENCES:

1. SHIELDS, C. et al. Coats disease: An overview of classification, management and outcomes. *Indian Journal of Ophthalmology*, v. 67, n. 6, p. 763, 2019.