



Coats: A Case Report.

Carolina Maria Barbosa Lemos, Fernanda de castro Rollo, Nathália Nishiyama Tondelli, Giovana Araújo Machado , Leonardo de Angelli Benedito Cardoso, Cleide machado, André Marcelo Vieira Gomes.

Instituto Suel Abujamra

PURPOSE

Describe a case of Coats disease.

INTRODUCTION

Coats disease is a rare condition that affects the blood vessels in the eyes and can lead to vision loss. It is characterized by the abnormal development and leakage of blood vessels in the retina, which can cause exudative retinal detachment, retinal edema, and macular edema. Coats disease typically affects children and young adults, with males being more commonly affected than females. The condition is usually diagnosed through a comprehensive eye exam and imaging tests such as optical coherence tomography and fluorescein angiography. Treatment options for Coats include laser therapy, cryotherapy, anti-VEGF therapy, and surgery.(1)

METHODS

Medical records review

RESULTS

A 4-year-old male patient presented with progressive diminution of vision in his right eye associated with deviation of the same eye . Upon examination, the anterior segment in both eyes and left fundus was within normal limits. Dilated fundus evaluation of the right eye revealed telangiectasia of the retinal vessels, with subretinal exudation in all quadrants and presence of subretinal fluid in the upper temporal area . There was also presence of a dense macular exudate and subtotal exudative retinal detachment in the posterior polo.

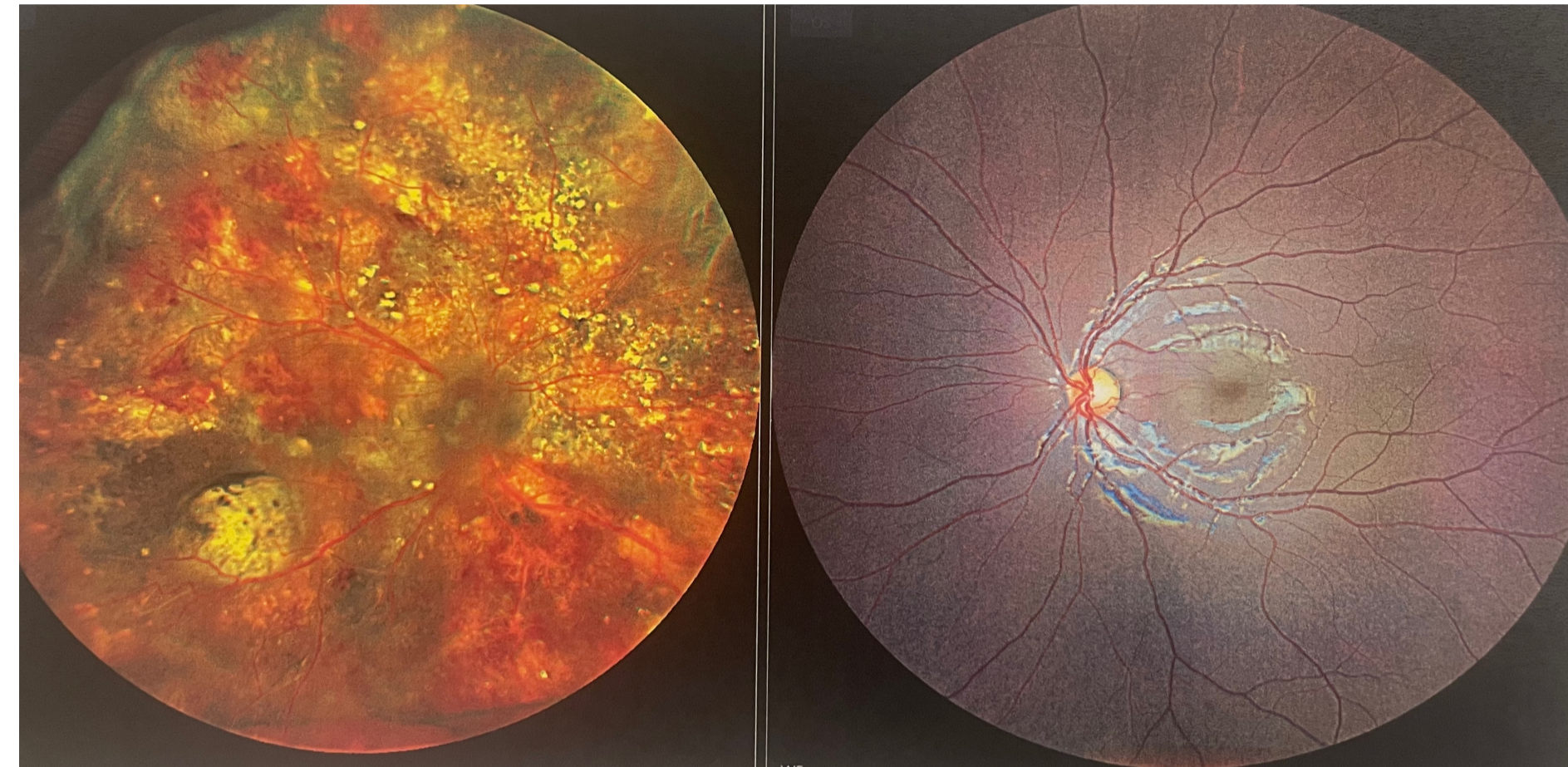


Fig. 1 retinography of the both eyes of one of the patients.

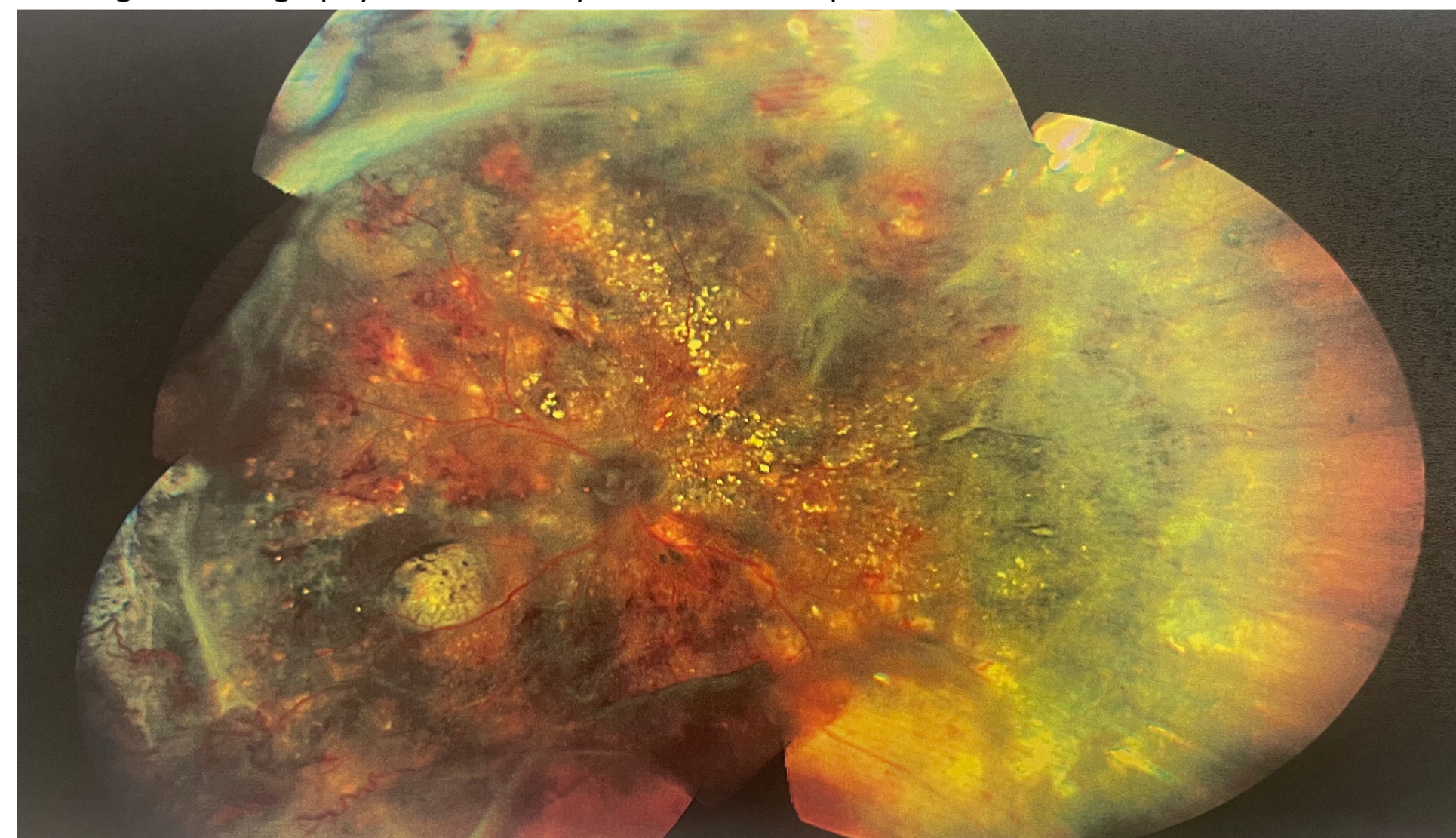


Fig. 2 and 3: retinography of the right eye

DISCUSSION

The exact cause of Coats disease is not fully understood, but it is thought to be related to abnormal development of the blood vessels in the eye. Symptoms may include decreased vision, strabismus (crossed eyes), and sometimes a visible white mass or mass-like lesion in the eye.(2)

Diagnosis typically involves a comprehensive eye exam, including a dilated fundus exam and imaging studies such as optical coherence tomography (OCT) and fluorescein angiography. Treatment options may include laser therapy, cryotherapy, and surgery, depending on the severity and location of the disease.(2,3)

Early detection and prompt treatment are crucial for preserving vision in patients with Coats disease. While there is no known cure for Coats disease, advances in medical and surgical therapies offer hope for improving outcomes for affected individuals.(3)

In this case, a therapeutic dose with avastin was proposed.

BIBLIOGRAPHY

- 1.Basic and Clinical Science Course 2016-2017 American Academy of Ophthalmology - Gyrate Atrophy
- 2. Coats disease: An Overview of classification, management and outcomes.Sen M, Shields CL, Honavar SG, Shields JA.Indian J Ophthalmol. 2019 Jun;67(6):763-771
- 3. Yang, X., Wang, C. & Su, G. Recent advances in the diagnosis and treatment of Coats' disease. *Int Ophthalmol* **39**, 957–970 (2019).