

FOCAL CHOROIDDAL EXCAVATION

Author

Sai Meghana Paidi, B.S.

Introduction

A 29-year-old female patient, who worked as a software engineer, was referred to our clinic for retinal evaluation of her right eye. She had no significant medical or ocular history.

Examination

Visual acuity was 20/20 OU. The intraocular pressures were 13mmHg in her right eye and 15mmHg in her left eye. There was no RAPD. Posterior segment examination showed a discrete circular area of focal choroidal excavation located along the superotemporal arcade with no associated subretinal fluid or choroidal neovascular membranes. These findings were confirmed by OCT imaging (Figure 1). Since she was asymptomatic and there was no associated fluid, yearly follow-up visits were recommended.

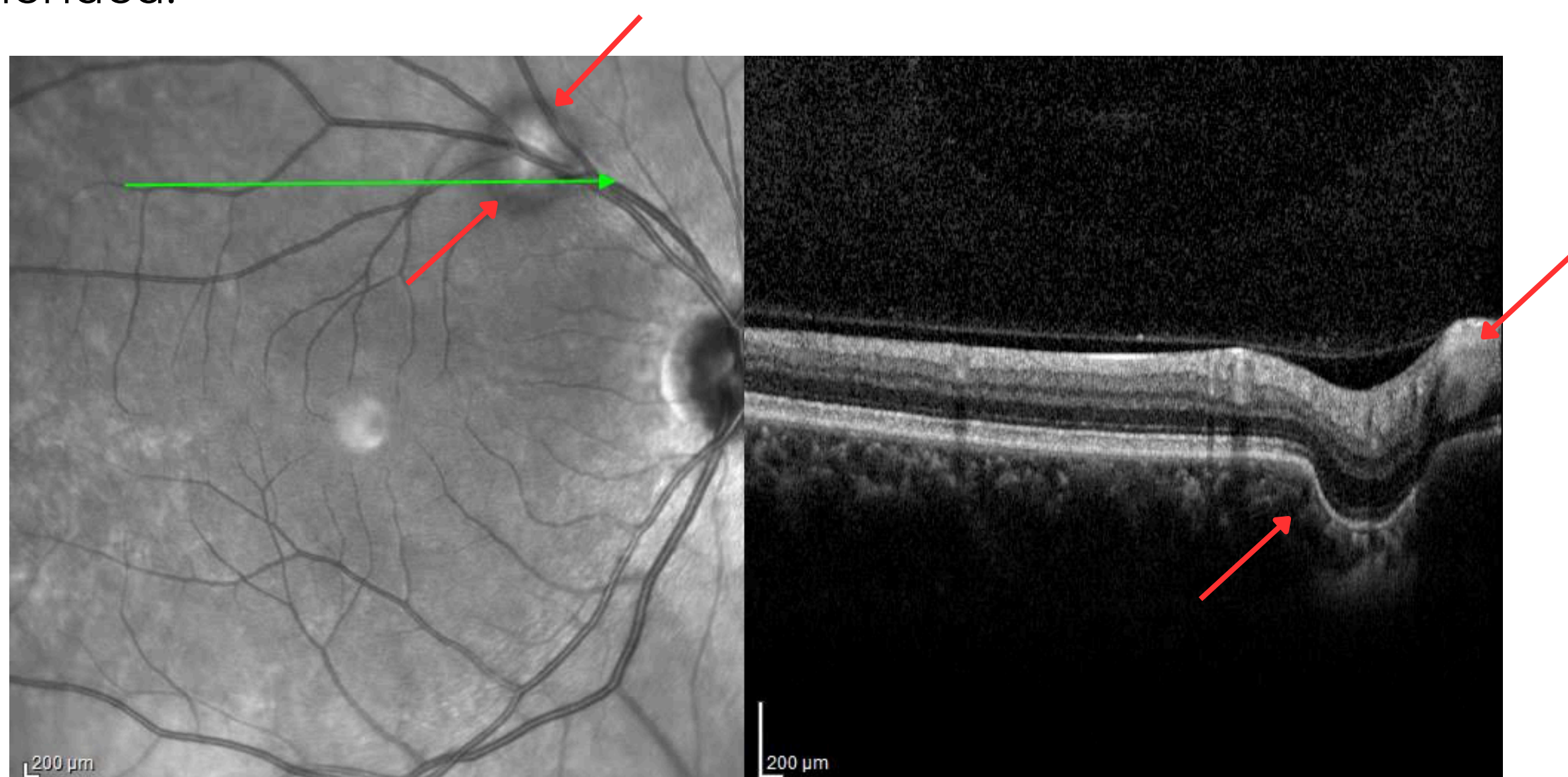


Figure 1. OCT photos of the right eye. The arrows indicate the concavity in the choroid.

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Discussion

Focal Choroidal Excavation (FCE) is an area of concavity in the choroid which typically presents without accompanying posterior staphyloma or scleral ectasia. Patients are typically asymptomatic. There can be associated pigmentary changes but the elasticity of the retina allows the photoreceptor layer to remain attached to the RPE. This explains the low FCE diagnosis among patients under thirty years of age.¹ Although most cases are acquired, FCEs may have associated congenital posterior malformations which are typically asymptomatic. Type 1 and 2 choroidal neovascular membranes (CNVM) have been reported in areas with the choroidal excavation.² Monitoring of FCEs for findings such as subretinal hemorrhage or fluid is essential to prevent vision loss.

References

1. Verma S, Kumar V, Azad S, et al Focal choroidal excavation: review of literature British Journal of Ophthalmology 2021;105:1043-1048.
2. Lee CS, Woo SJ, Kim Y-K, et al. Clinical and spectral-domain optical coherence tomography findings in patients with focal choroidal excavation. Ophthalmology 2014;121:1029–35.

About the Author. Meghana is a recent graduate of the University of Michigan where she double majored in Biology, Health, and Society and Gender and Health. She joined the Michigan Retina Center in October of 2023 to pursue her passion for working with patients. In her free time, she enjoys hiking, visiting museums, and watching new movies at the theatre.

Locations

Ann Arbor: Reichert Health Building 5333 McAuley Dr, Suite 1018, Ypsilanti, MI 48197

Dearborn: 25230 Michigan Ave, Dearborn, MI 48124

Novi: 24520 Meadowbrook Rd, Suite 100, Novi, MI 48375

Contact us

Phone: 313-441-2227

FAX: 313-441-2241



Asheesh Tewari, MD



Michael Gemayel, MD