

AMD A-to-OCT-to-RI-to-Z What You Need to Know

Greg Caldwell, OD, FAAO November 13, 20/20



Disclosures- Greg Caldwell, OD, FAAO

- Will mention many products, instruments and companies during our discussion
 - * I don't have any financial interest in any of these products, instruments or companies
- @ Pennsylvania Optometric Association President 2010
 - POA Board of Directors 2006-2011
- American Optometric Association, Trustee 2013-2016
- as I never used or will use my volunteer positions to further my lecturing career
- & Lectured for: Alcon, Allergan, Aerie, B&L, BioTissue, Maculogix, Optovue
- Advisory Board: Allergan, Maculogix, Sun, Kala
- & Envolve: PA Medical Director, Credential Committee
- & HealthCare Registries: Consultant
- GAT Optometric Education Consultants Scottsdale, WDW, St. Paul, Quebec City, and Nashville, Owner



Financial Obligations













Course Description and Objectives

This course will evaluate Age Related-Macular Degeneration (AMD) from subclinical to advanced AMD. It will emphasize structure (OCT) and function (dark adaptation) testing to provide early detection and proper staging of AMD. Once accurately diagnosed the course will discuss applying current clinical guidelines in the treatment of subclinical to advanced AMD. The course will also call attention to OCT structural changes indicating progression.

Course Objectives:

- 65 Show how to diagnose the often missed subclinical or early AMD
- A Increase ones understanding on function testing for AMD
- A Increase ones understanding on the structure changes to properly stage AMD
- & Show how to treat subclinical or early AMD
- & Discuss OCT Angiography utilization in AMD
- are Review treatments for Intermediate AMD
- A Review treatments for exudative/choroidal neovascular AMD

Poll 1 The condition you see more in your practice:

- A. Glaucoma
- B. Diabetic retinopathy
- C. Macular degeneration

AMD Dominance

- AMD In 2010, the World Health Organization estimated that 5% of the world's blindness was due to
- & Leading cause of blindness over 55-year-old in USA
- - * Approximately 1 in 14 people over the age of 40 has some degree of macular degeneration
 - * Over 60, 1 in 8 (12.5%)
 - * Over 80, 1 in 3 (33 %)
- 65 More cases of AMD than Alzheimer's, breast cancer, and Parkinson's combined
- Ar The leading cause of blindness and vision loss in Caucasians
- Affect 1 in 5 families
- A Hereditary strongest genetic linkage of any major diseases

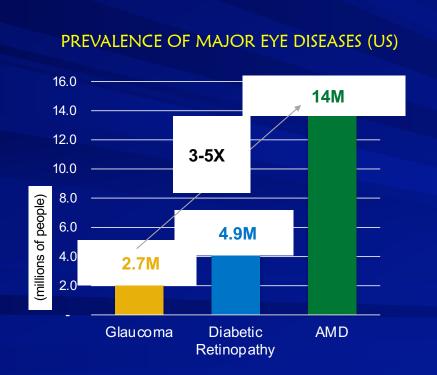
Eye Care Professional Landscape

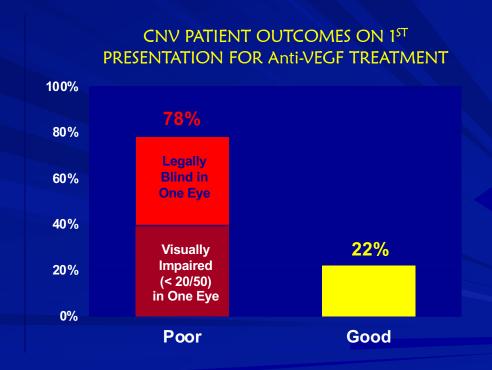
\$\text{58,000}\$ eye care professionals

- **★**40,000 optometrists
- **★18,000** ophthalmologists
 - ☐ About 10% are retinal specialists

Age-Related Macular Degeneration is the Leading Cause of Preventable Blindness in the Western World

«Clinical AMD is more prevalent than Glaucoma and Diabetic Retinopathy combined





References: https://www.aao.org/newsroom/eye-health-statistics | Neely D, et al. Ophthalmol. Published online April 27, 2017. | Klein R, et al. Arch Ophthalmology. 2011;129(1):75-80. | Chevreaud, O et al. Eur J of Ophthalmology. 2016:26(1):44-47. | Cervantes-Castañeda RA, et al. Eye (Lond). 2008;22(6):777-781. | Olsen TW, et al. Ophthalmology. 2004;111(2):250-255.

Primary Eye Care is Missing Visible Disease in 25% of Patients Using Standard Workup

JAMA Ophthalmology | Original Investigation

Prevalence of Undiagnosed Age-Related Macular Degeneration in Primary Eye Care

David C. Neely, MD; Kevin J. Bray, MD; Carrie E. Huisingh, MPH; Mark E. Clark, BS; Gerald McGwin Jr, PhD; Cynthia Owsley, PhD

1288 eyes from 644 people

- Mean age of 69.4
- 36% male
- Doctors were aware that they were recruiting patients for an AMD study!!!
- √ 30% of missed AMD eyes had large drusen (Intermediate AMD)
 - ✓ Well-known risk factor for progression to advance disease
- ✓ ODs and MDs miss AMD diagnosis equally

Reference: Neely DC, Bray KJ, Huisingh CE, Clark ME, McGwin G, Owsley C. Prevalence of Undiagnosed Age-Related Macular Degeneration in Primary Eye Care. JAMA Ophthalmol. 2017;135(6):570-575.

AMD Considerations and Pearls

- Ar There is currently no cure for AMD
 - * Proper detection and care many prevent significant visual acuity loss in many patients
- Are anti-VEGF injections our patients' best hope?
- & Late-stage treatments, albeit are necessary, they have little impact on central acuity
 - **★** Impacting our ability to intervene in in early to intermediate AMD?

Optometrists and All Eye Care Professionals Responsibility

- Rethink our responsibility related AMD diagnosis and management
- & Commit to that we will do better in
 - **★** Early detection
 - * Treatment
- Ar Know, execute, and employ current clinically appropriate Practice Guidelines
 - **★** Those that preserve vision
 - * Don't wait until vision has been lost
- Closely monitor and treat the early detected disease
 - * If progresses to advanced AMD, better opportunity to save vision





Early Onset Pathogenesis

- GAT Drusen small or large are not makers for early stage AMD
 - * Visible structural evidence of a pathological process
 - Underway for quite some time
- A Cholesterol deposits exist beneath the surface long before drusen form
 - * Cannot be seen with structure-based methods
 - * Cholesterol produced by RPE and deposits into Bruch's membrane
 - * Continue to layer in Bruch's membrane
- As this cholesterol accumulates the process unfolds with compromise to the outer retina
 - * Inflammation
 - * Oxidative stress
 - * Disruption of oxygen and nutrients
 - * Drusen formation
- A Impaired Vitamin A across Bruch's membrane
 - * Functional impairment can occur to dark adaptation

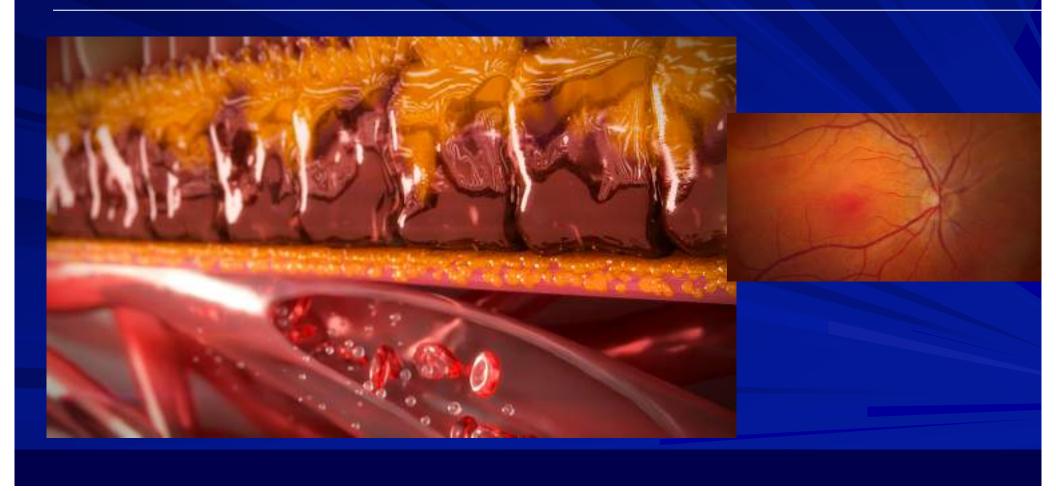
Healthy choriocapillaris, Bruch's, RPE, and Photoreceptors



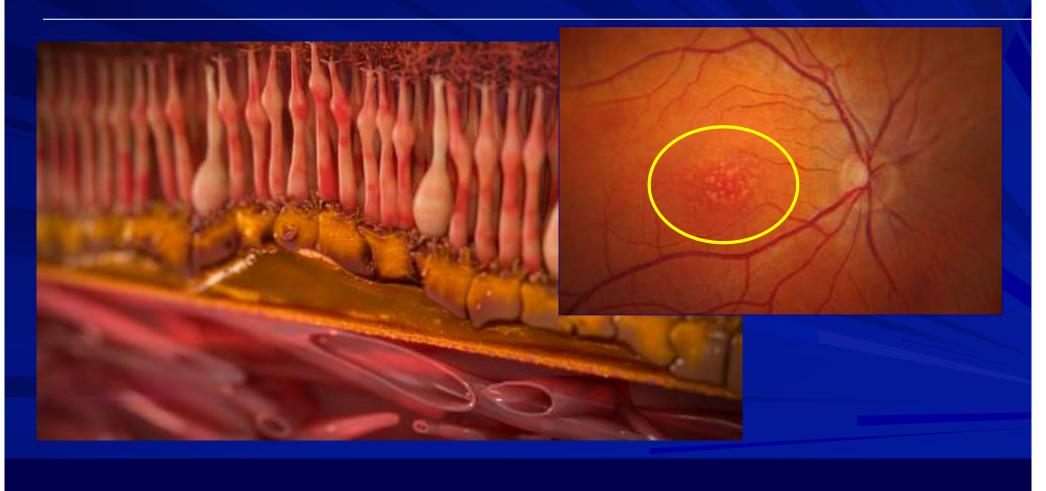
Cholesterol barrier deposited along Bruch's and RPE



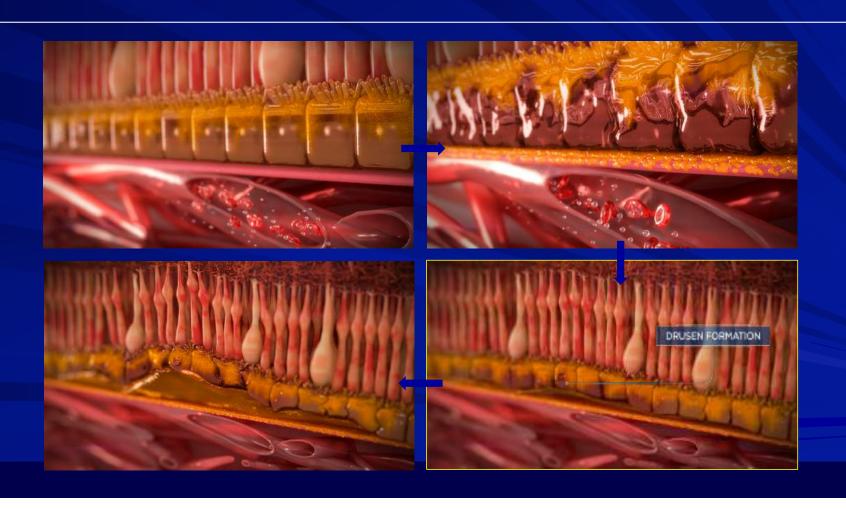
RPE Secretes even more cholesterol and degenerates



Finally, visibly evident drusen on fundus evaluation



AMD is a Disease Process that Starts Below the Surface



Polling Question 2

The best way to diagnosis subclinical or sub-structural drusen is?

- A. Threshold visual field (VF)
- B. Optical Coherence Tomography (OCT)
- C. Macular pigment optical density (MPOD)
- D. Dark Adaptation (DA)

Staging of Drusen

What method to detect?

Subclinical or sub-structural – cholesterol layer

← Small drusen < 63 microns

Medium drusen > 63 − <125 microns
</p>

Functional

Exam, photos, SD-OCT

Exam, photos, SD-OCT

Exam, photos, SD-OCT

Beckmann Committee Classification of AMD

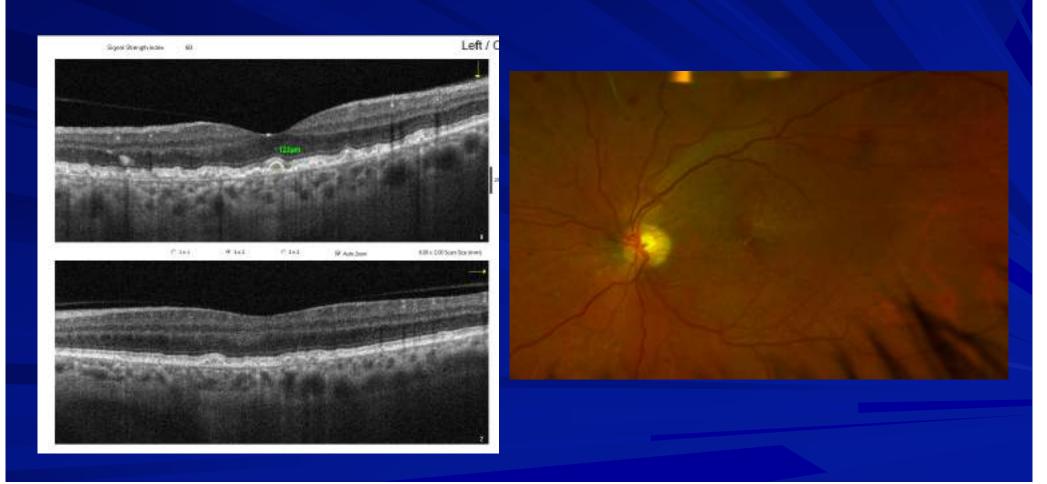
- Based on presence of lesions within 2 DD of fovea in either eye
 - * No AMD
 - □ None or few small drusen, < 63 microns
 - □ No AMD pigmentary abnormalities
 - **★ Early AMD**
 - ☐ Medium drusen, > 63 <125 microns
 - □ No AMD pigmentary changes
 - * Intermediate AMD
 - 1 large drusen, > 125 microns
 - Any AMD pigmentary changes
 - * Advanced AMD
 - Any geographic atrophy

Measure the Drusen with Your OCT

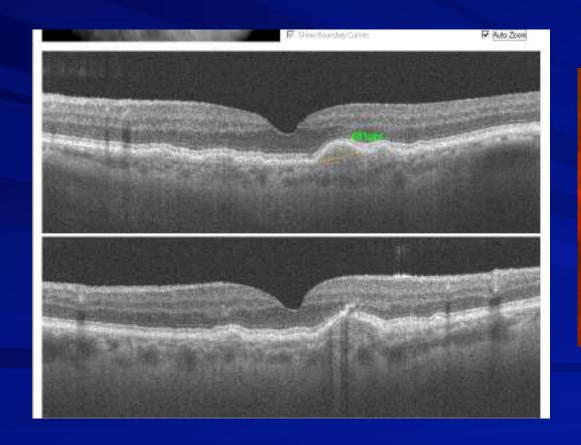




Measure the Drusen with Your OCT



Measure the Drusen with Your OCT





Choroidal Neovascularization (CNV)

& Type 2- Classic

G√Type 3- RAP

Predictors of Progressing to Advance Disease

- A Hyper-reflective foci
- & Reticular pseudodrusen
- ANascent geographic atrophy
- Sub-RPE hyper-reflective columns
- ← Drusen substructures

Vision loss from geographic or exudative/CNV

Tools for Diagnosis, Management, and Treatment of AMD

- ← Comprehensive eye exam structural, some functional
- Fundus photography and FAF structural
- ← OCT and OCT Angiography structural
- A How about macula pigment density testing

Applying a Familiar Standard of Care: Two Multifactorial Diseases

Glaucoma **AMD** Cup-to-disc Structure Drusen Ratio **Function** Visual Field Dark Adaptation Intraocular Pressure (IOP) Age Risk **Corneal Thickness Genetic Testing** Health and Lifestyle (Smoking) Age/race Macular Pigment Optical Density (MPOD) Family history/etc. Contrast Sensitivity. Health and Lifestyle (Diabetes)

Dark Adaptation in AMD Function Test

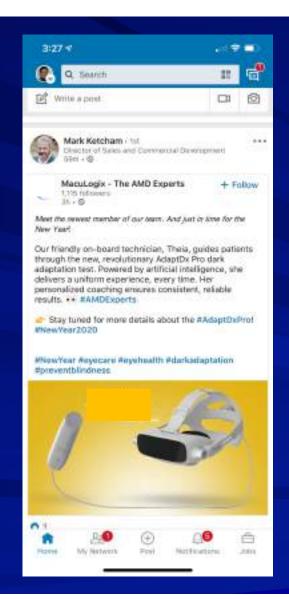
- A Measures how long to recover from bright light to darkness
 - * Rod intercept line (RI) time
- Functional test that can help overcome the challenges in diagnosing AMD
- Alabama Study on Early Are-Related Degeneration (ALSTAR)
 - * Able to detect subclinical 3 years before clinically visible
 - * 325 adults without clinically detectable AMD
- AND Rod deterioration happens in earliest stages of AMD
 - **★** Earlier defection before visual acuity
- ← AdaptDx 92284
 - * Sensitivity 90.6%
 - **★** Specificity 90.5%



Poll 3 I do dark adaptation testing in my practice:

A. Yes

B. No



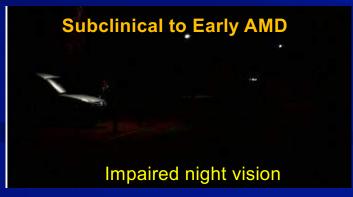
Dark Adaptation in AMD Function Test January 1st, 2020

AdaptDx Pro Now Available for Clinical Use



This Means We Now Have an Early Symptom We Can Use to Help Diagnose AMD





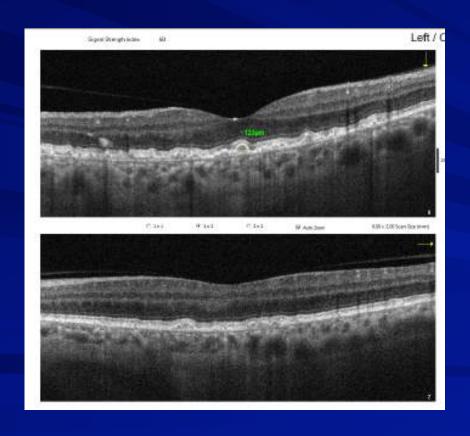
- Night vision impacted in early AMD: 30+ studies
- AMD patients often give up driving at night
- Night vision is impaired before day vision
- Typically ECP's chalk this complaint up to cataracts

Ask Every Patient Over 50
About Their Night Vision

OCT in AMD

- ANeed spectral domain to follow intermediate or worse AMD
- Able to identify OCT predictors of progression
- Especially in identifying OCT predictors of progression
 - **★** Hyper-reflective foci
 - **★** Reticular pseudodrusen
 - * Nascent geographic atrophy
 - **★** Sub-RPE hyper-reflective columns
 - **★** Drusen substructures
 - **★** Drusen load and regression

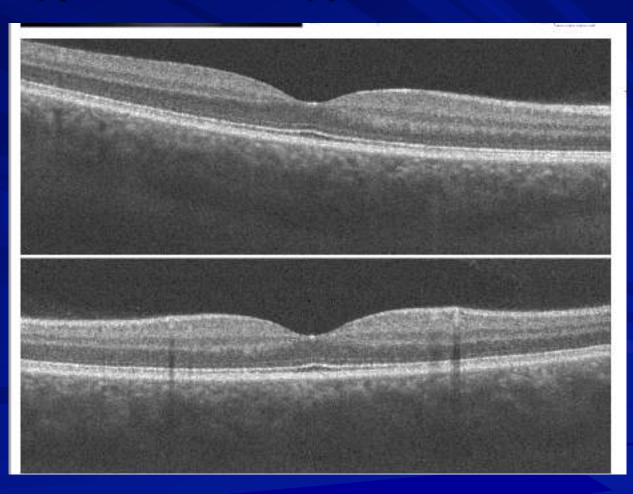
Polling Question 4



This OCT is showing which predictor of progression quite well?

- * Reticular pseudodrusen
- * Nascent geographic atrophy
- **★** Sub-RPE hyper-reflective columns
- **★** Drusen load and regression

Hypo versus Hyper Reflectance



Can We Learn From These Pictures?

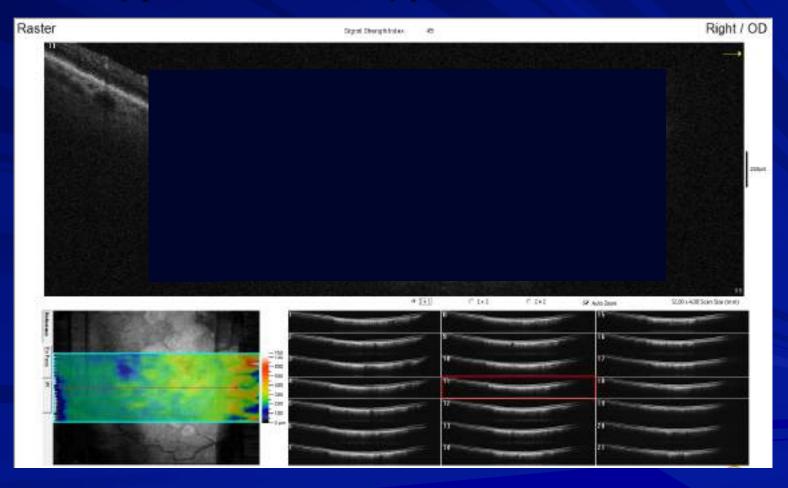


Can We Learn From These Pictures?

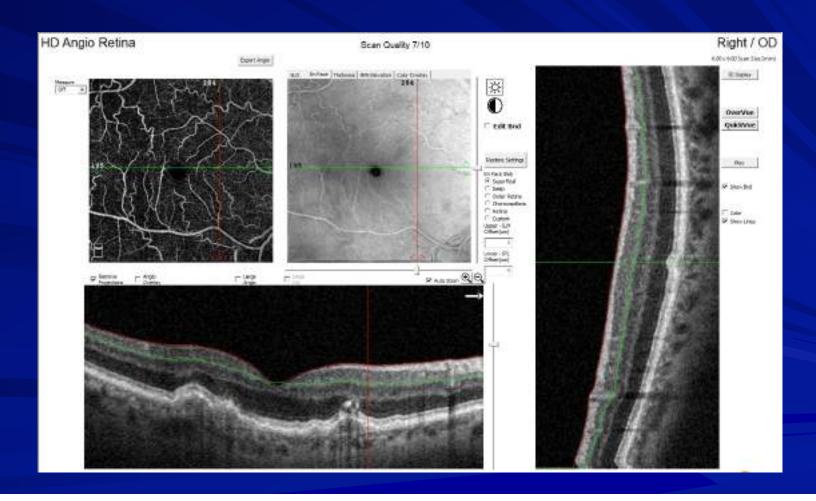




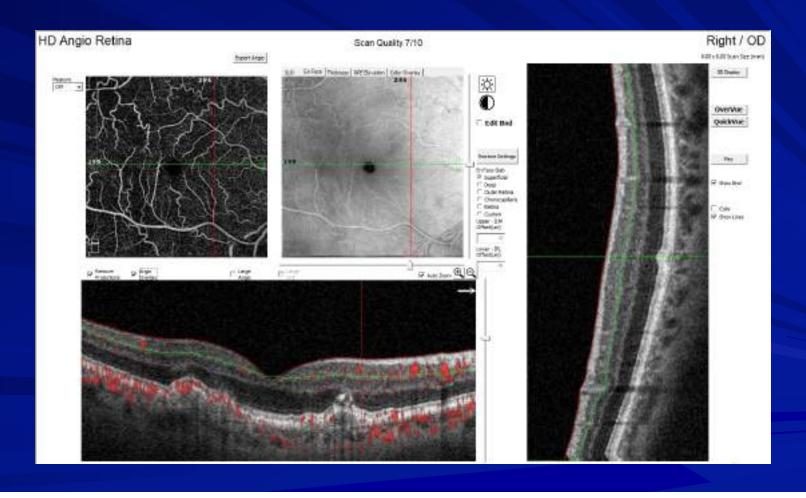
Hypo versus Hyper Reflectance



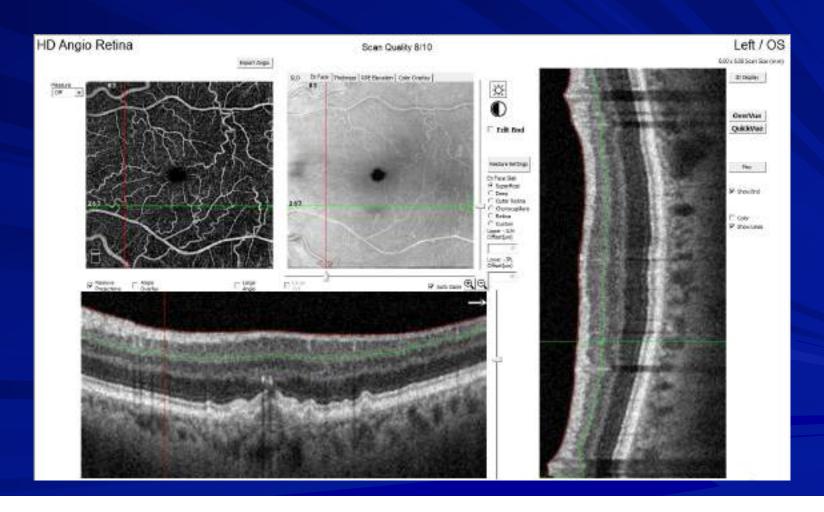
Case 1 - OCT Predictors of Progression



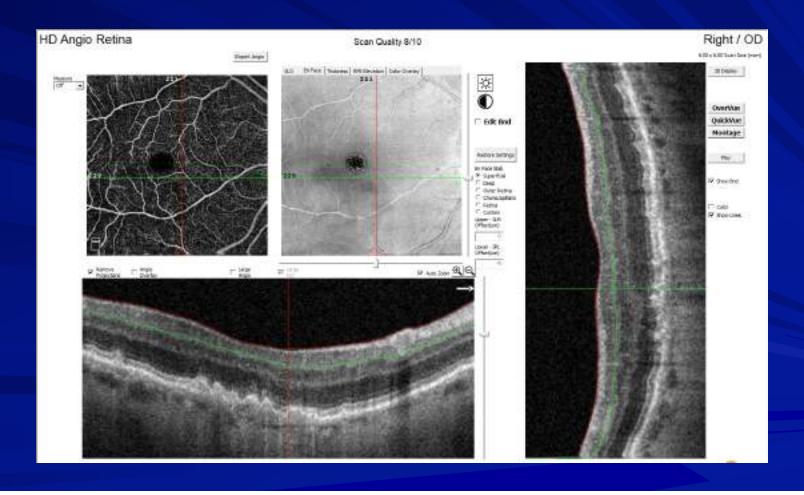
Case 1 - OCT Predictors of Progression



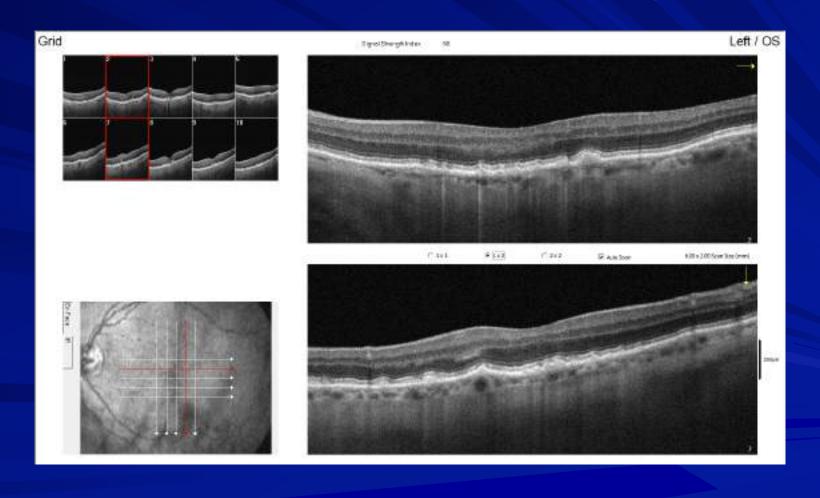
Case 1 - OCT Predictors of Progression



Case 2 - OCT Predictors of Progression



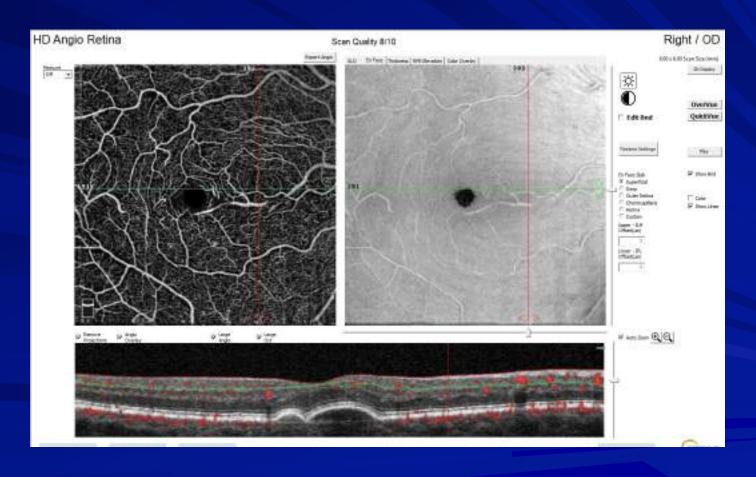
Case 2 - OCT Predictors of Progression



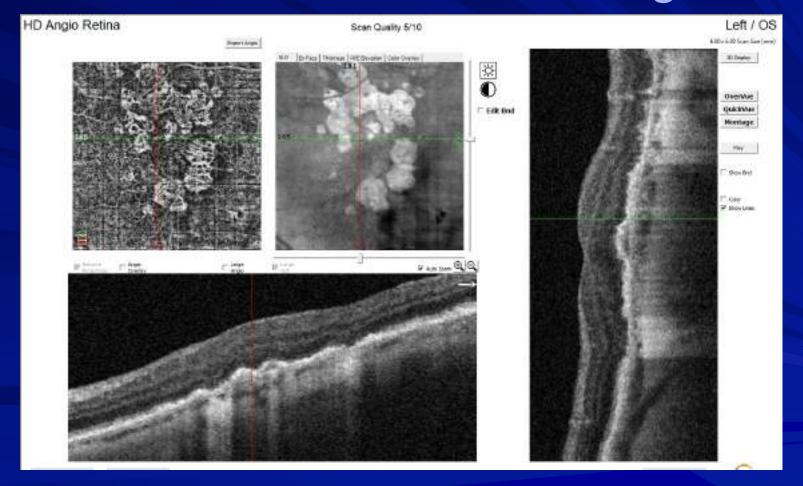
Case 2 - OCT Predictors of Progression



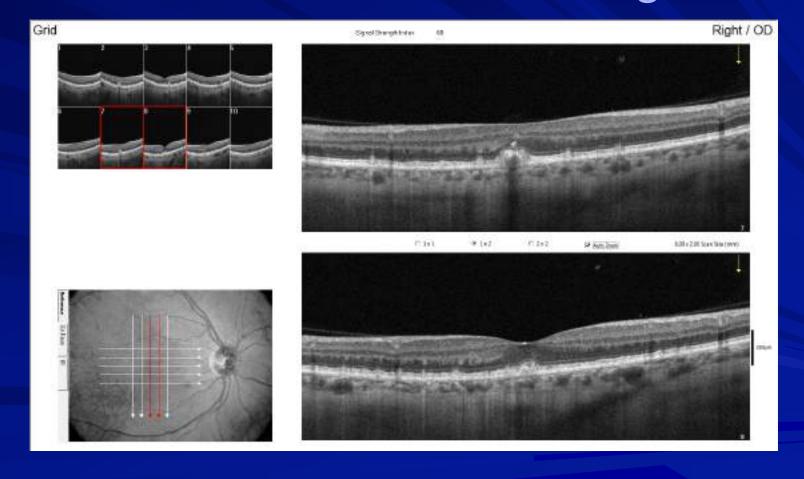
Case 3 - OCT Predictors of Progression



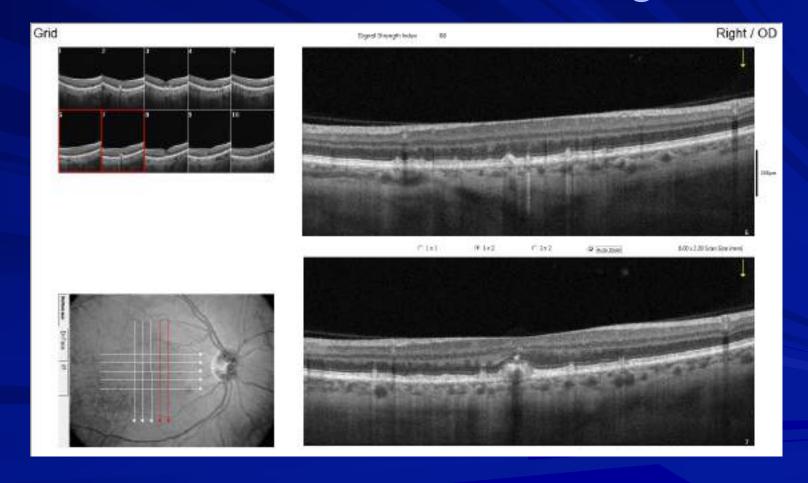
Case 4 - OCT Predictors of Progression



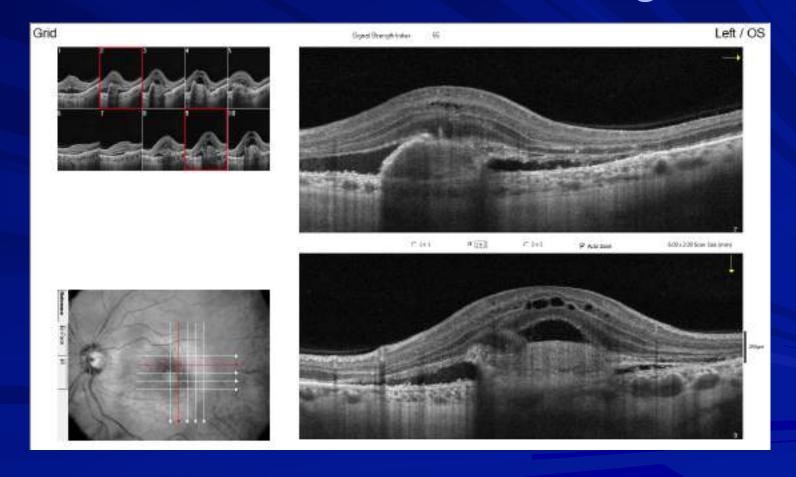
Case 5 - OCT Predictors of Progression



Case 5 - OCT Predictors of Progression



Case 5 - OCT Predictors of Progression



Poll 5 My office has:

- A. OCT
- B. OCT and OCT Angiography
- C. No OCT instrument at this time

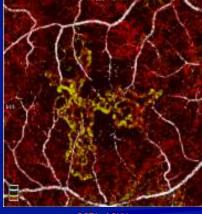
OCT Angiography in AMD Structure Test

- Able to identify occult or classic CNV before they leak
- A Non-invasive technique
- Subclinical CNV or "Occult non-exudative CNV"
 - * Risk of exudation at 12 months is 15.2 times greater compared to eyes without subclinical CNV

OCT Angiography A New Approach to Protecting Vision

- Non-invasive visualization of individual layers of retinal vasculature
- ▶ Pathology not obscured by fluorescein staining or pooling
- Image acquisition requires less time than a dye-based procedure
- ▶ Reduced patient burden allows more frequent imaging to better follow disease progression and treatment response

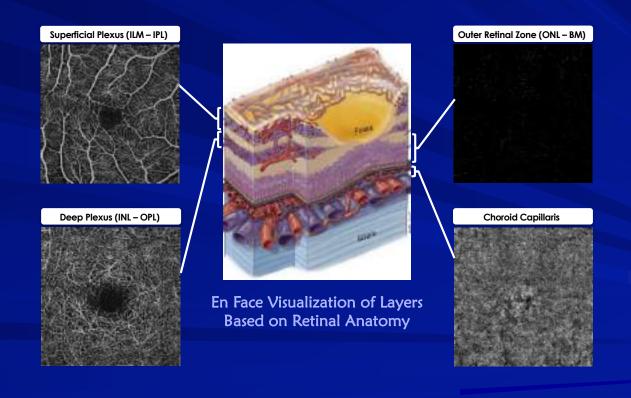




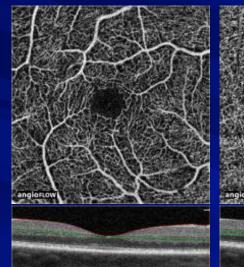
FA of CNV

OCTA of CNV

Enface OCT-A Slabs Based on Retinal Anatomy

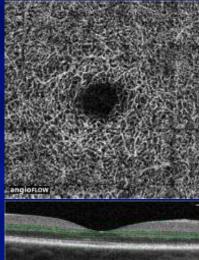


Normal Retinal Vasculature

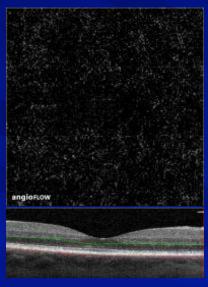


Superficial Capillary Plexus $3\mu m$ Below ILM ightarrow 15 μm

Below IPL

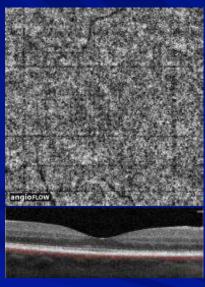


Deep Capillary Plexus
15μm Below ILM → 70 μm
Below IPL



70µm Below IPL → 30 µm Below RPE Reference

Outer Retina

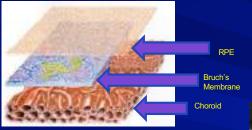


30 μm Below RPE Reference → 60 μm Below RPE Reference

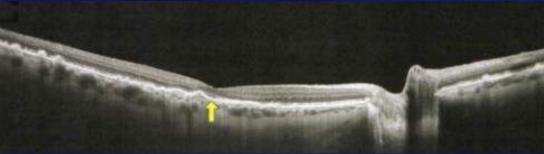
Choriocapillaris

Polling Question 6

- COCT Angiography (OCT-A) has allowed us to detect a new finding in AMD. This finding would be?
- A. Subclinical drusen
- B. Hyperreflective columns
- C. Occult non-exudative CNVM
- D. Retinal angiomatous proliferations





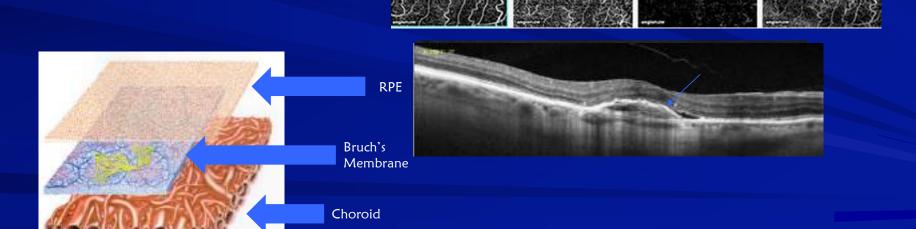


- ▶ New vessels develop in the choroid
- ▶ New vessels located below RPE and above Bruch's membrane

Type 1 "Occult" CNV

A New vessels develop in the choroid

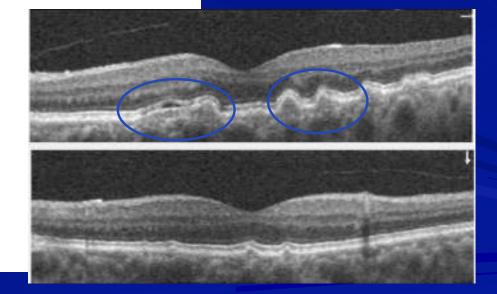
ABOVE Bruch's membrane

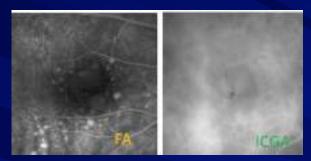


CNV?



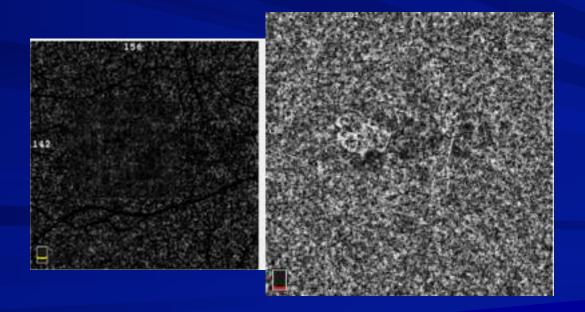
72 y/o Hispanic male 20/30 History of "Dry AMD"

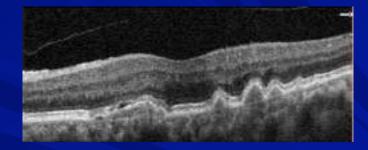


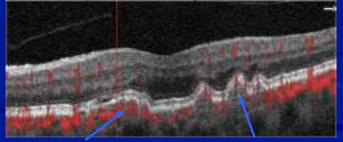


Multimodal imaging and OCTA







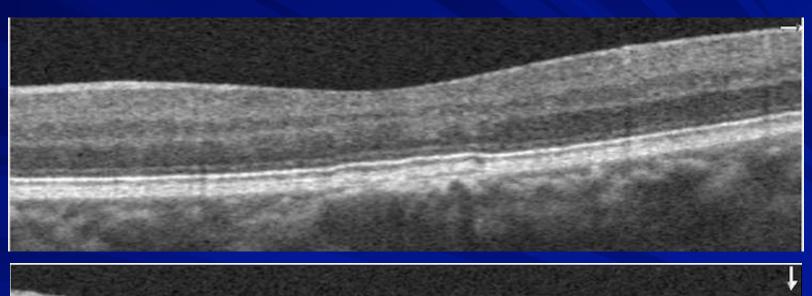


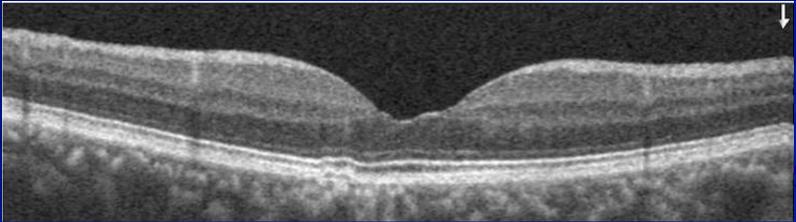
Vascularized

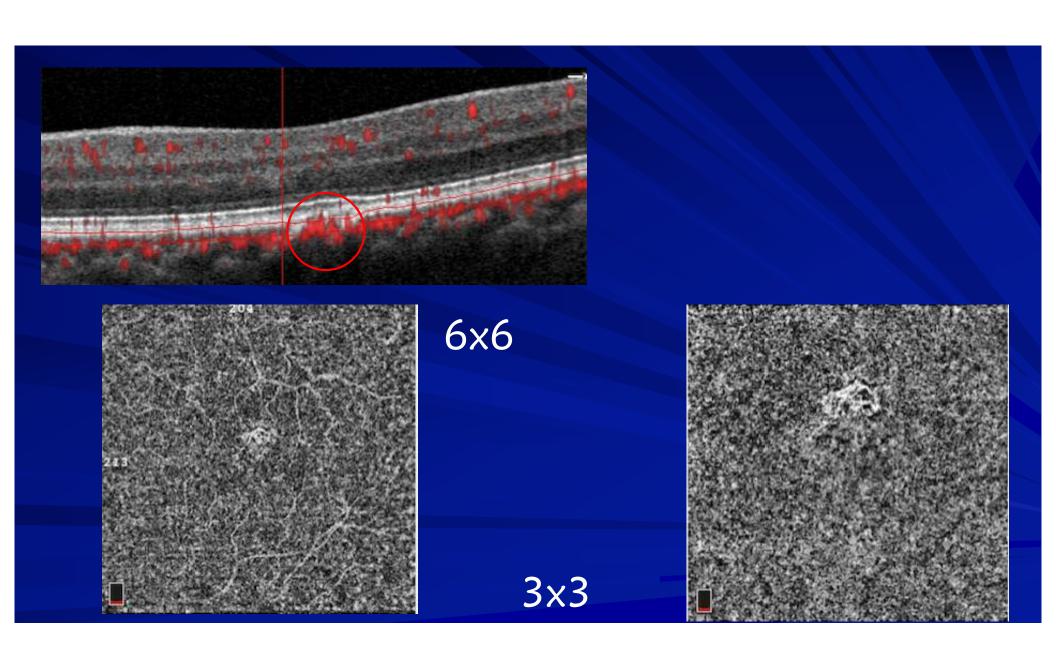
Non-vascularized

Type 1 CNV: Below RPE, Wider than Type 2, Avascular Zone Usually Not Involved

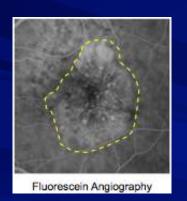
And the not so obvious ones...



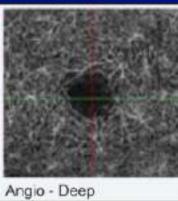


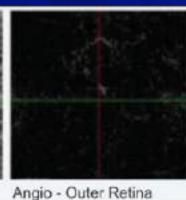


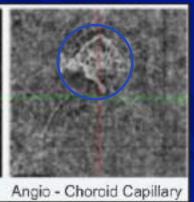
Case example: 70 y/o WM, AMD

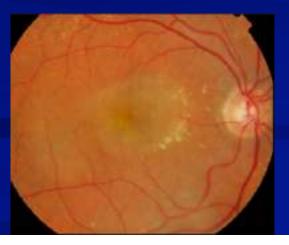


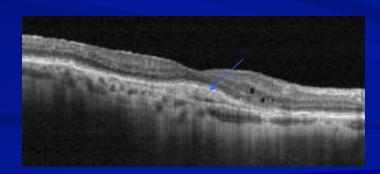






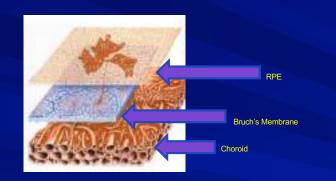


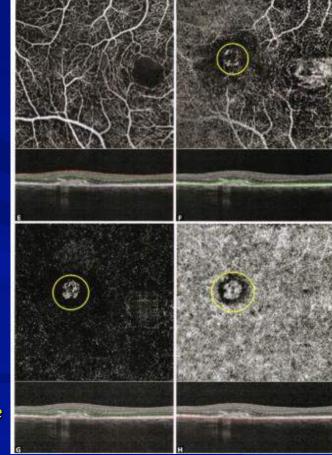




Below the RPE

Type 2 "Classic" CNV

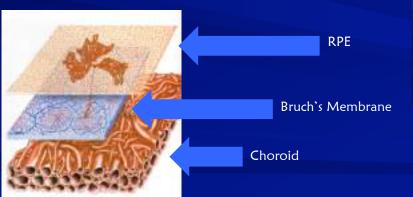


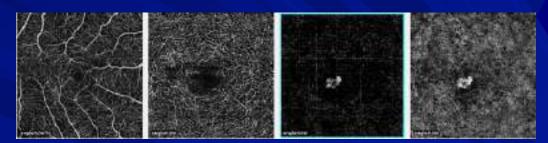


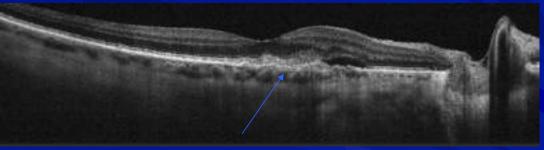
- A New vessels located above the RPE and above Bruch's membrane

Type 2 "Classic" CNV

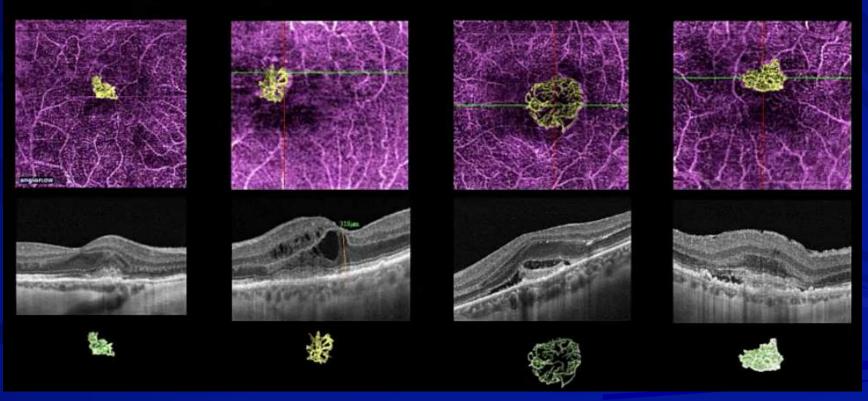
- A New vessels develop in choroid
- ANOVE Bruch's membrane



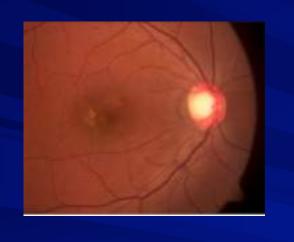


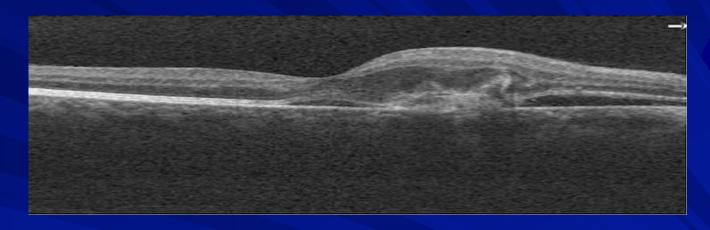


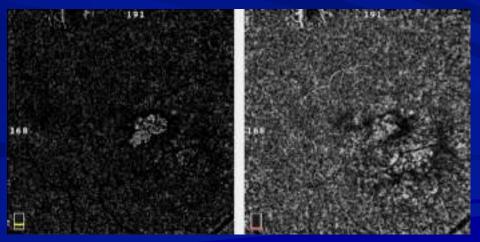
Type 2 CNV: Above RPE, Smaller than Type 1, Avascular Zone Always Involved. Very Heterogeneous Shapes



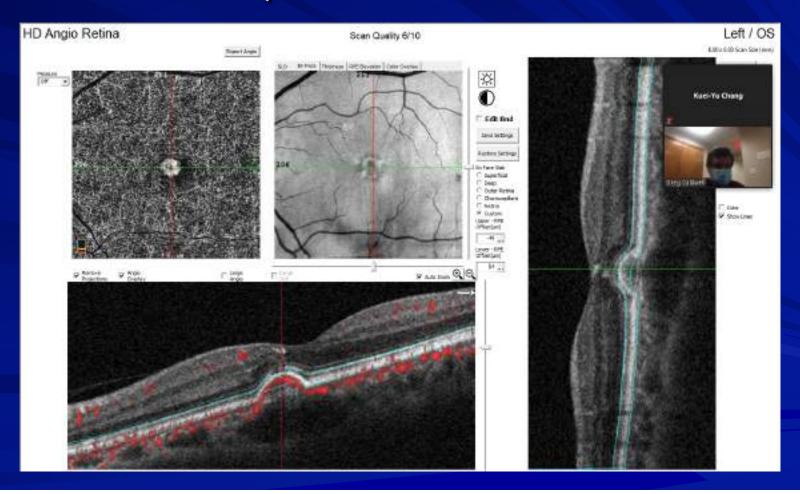
48 y/o WM 2 week history of "dark spot" OD



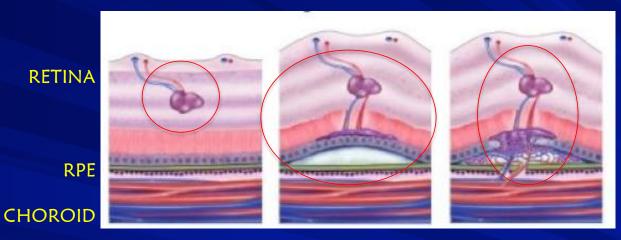




Why I Love to Teach



Retinal Angiomatous Proliferation



Stage 1

Intra-retinal proliferation

*Hemes *Edema

*Exudate

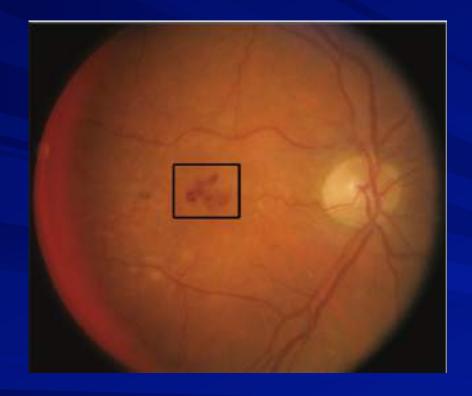
Stage 2

Neovascularization penetrates the sub-retinal space

*Neurosensory detachment *Serous PED Stage 3

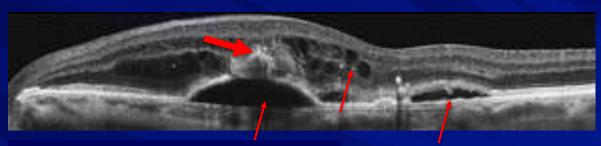
Neovascularization penetrates the RPE space

*Vascularized PED; CNVM





Inspect the SD-OCT carefully!!



VA 20/40

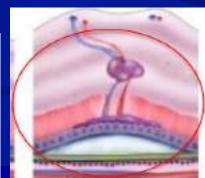
HYPER-REFLECTIVE lesion above pigment epithelial detachment

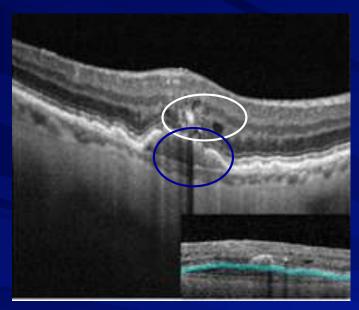
Intraretinal cysts

Serous pigment epithelial detachment/ neurosensory detachment

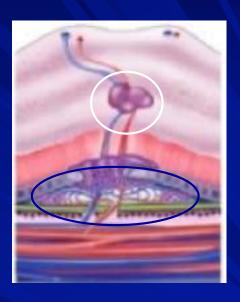
Stage 2

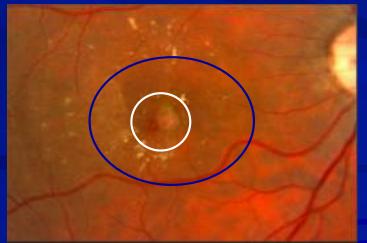






Stage 3





http://imagebank.asrs.org/file/26943/retinal-angiomatous-proliferation

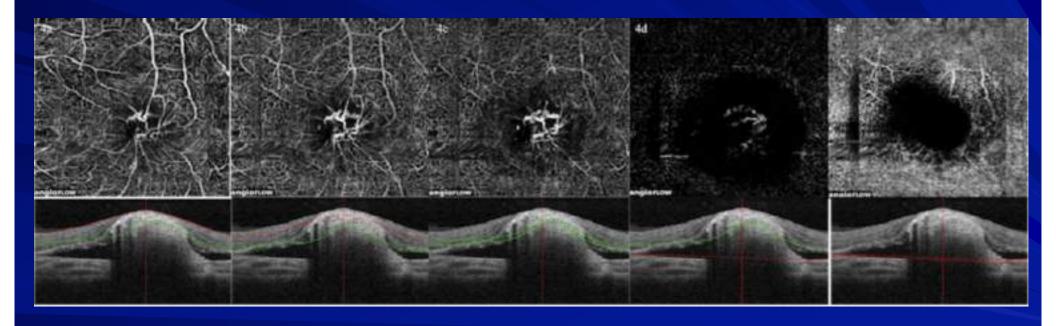
https://www-ncbi-nlm-nih-gov.ezproxylocal.library.nova.edu/pubmed/29019795

What about the OCTA?

OCT angiography demonstrates retiral angiomatous proliferation and chorioretinal anastomosis of type 3 neo-ascularization

Reine Benni - Vyrdiffe (Semeth - Spryck Helbriker - Romenkey Singh -Yeshili Gople - Mangel B. Degra - Amed Gople

Type 3 CNV: Intraretinal Anastomosis: THROUGH RPE



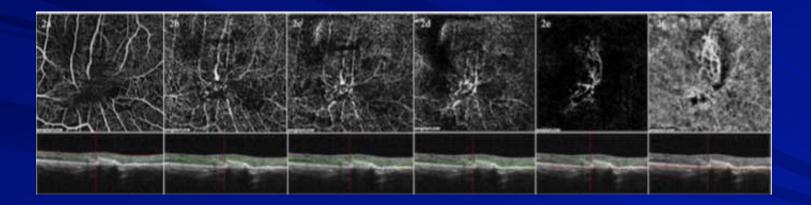
Inner retina (SCP+DCP) to Outer retina (Avascular/choriocapillaris)

What about the OCTA?

OCT angiography demonstrates retinal angiomatous proliferation and chorieretinal anadomosis of type 3 neovascularization

Berry Brand - Vyrdelfte (Berryd), - Spryck Ybritecker - Komonkey Singh-Polisti Gople - Mangel B. Degra - Amed Gople

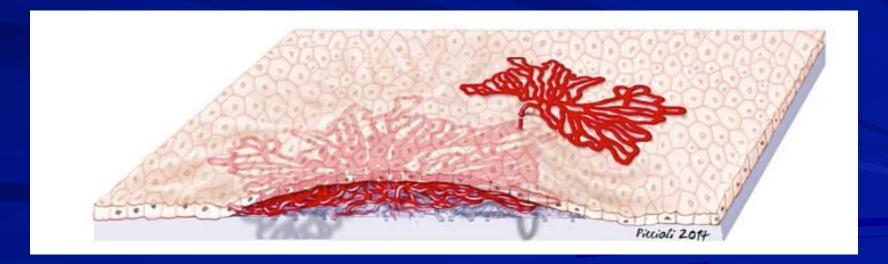
Type 3 CNV: Retinal/Choroidal Anastomosis: INTO CHOROID



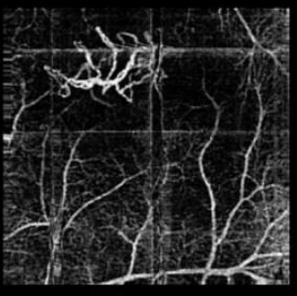
Inner retina (SCP+DCP) to Outer retina (Avascular/choriocapillaris)

Type 4 "Mixed" - Subretinal and Sub-RPE

- - * One above the RPE, one below the RPE

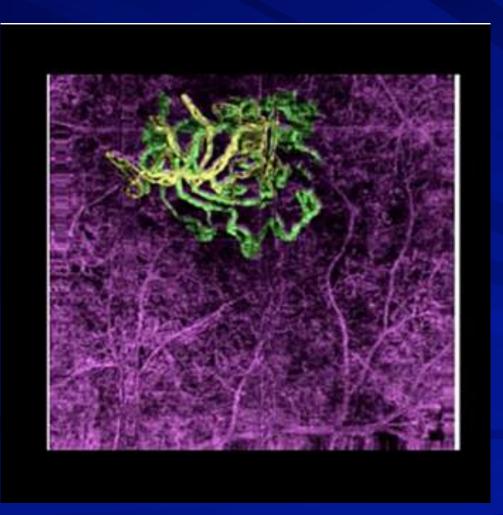


Type 4 CNV: Initially Located Below the RPE, NV Spreads into the Outer Retina



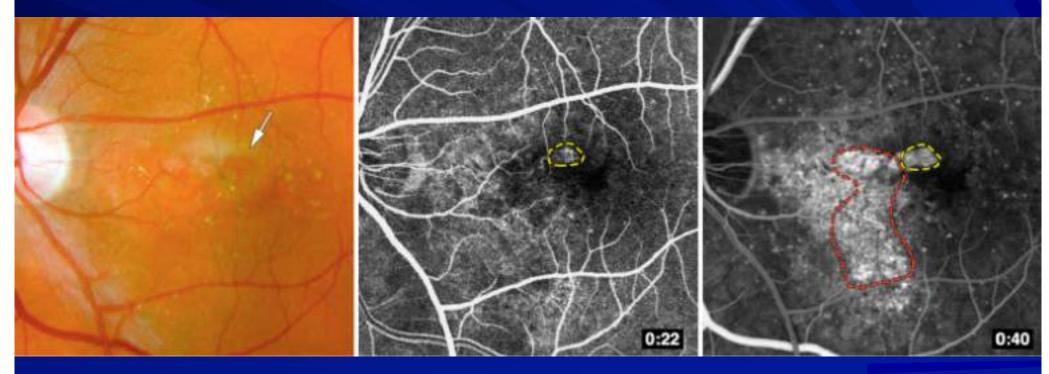






Green: Type 1 (Sub RPE)
Yellow: Type 2 (Subretinal)

Case Example: Multimodal imaging of 66 y/o Caucasian male

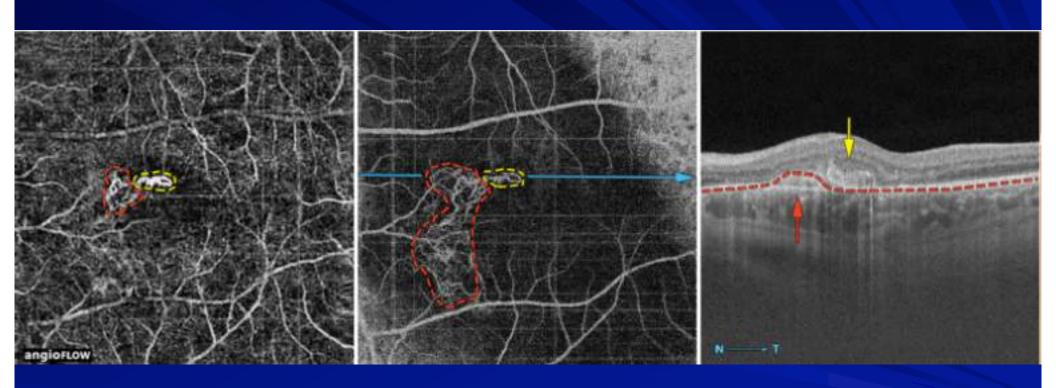


Fundus image and Occult

FFA: Early; Classic component

FFA: Late; Classic

Courtesy of Novais et al.



Choriocapillaris

Red: Occult; Yellow: Classic

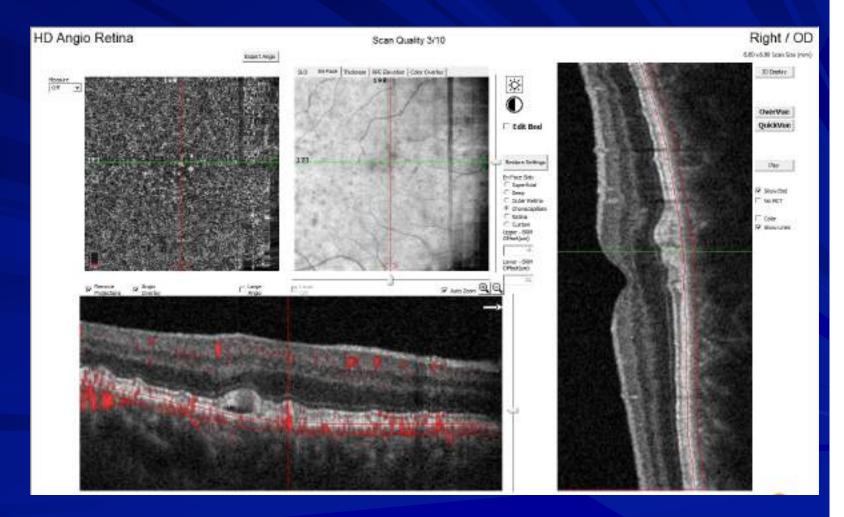
Courtesy of Novais et al.

OCT Angiography

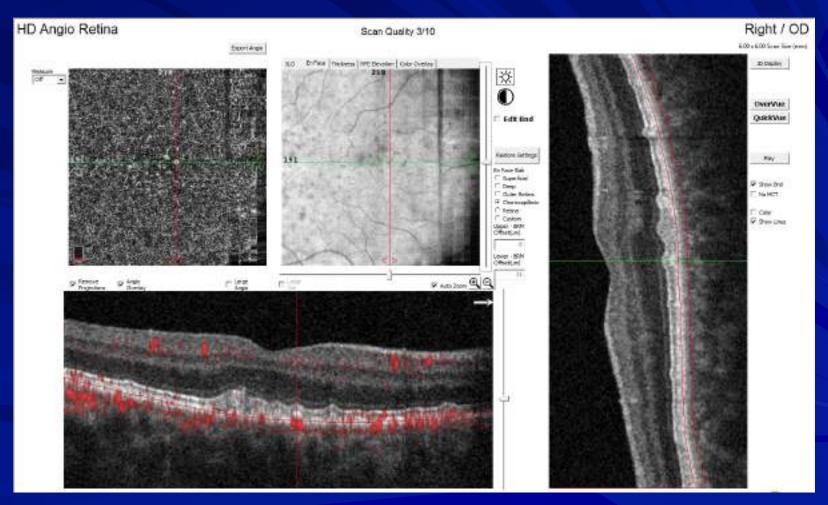
Subclinical CNV or "Occult non-exudative CNV"

Risk of exudation at 12 months is 15.2 times greater compared to eyes without subclinical CNV

Occult Non-Exudative CNV Patient A



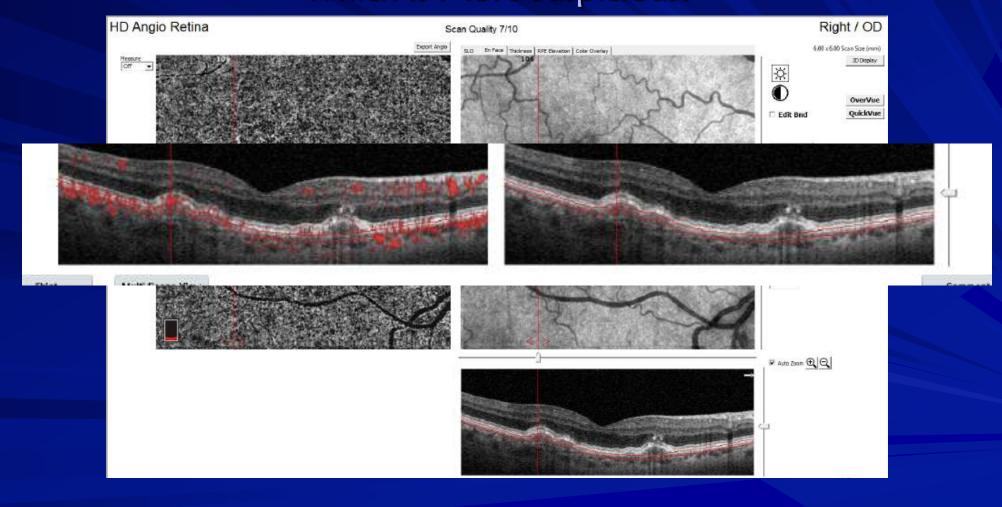
Occult Non-Exudative CNV Patient A



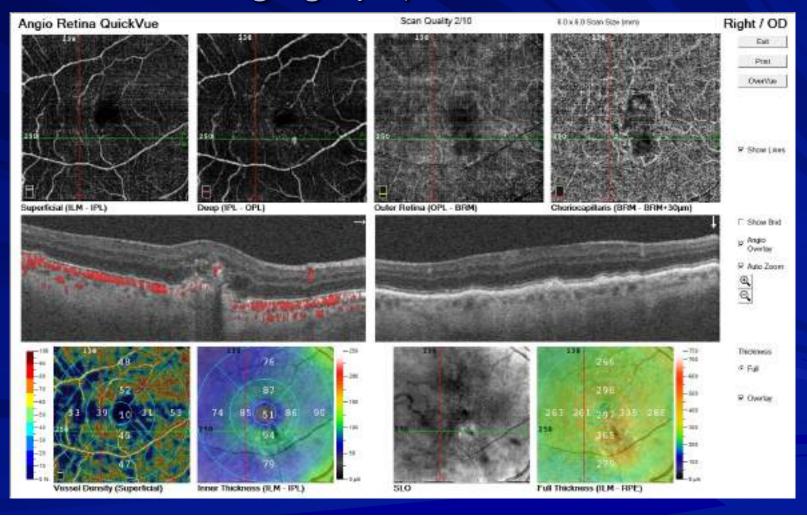
HD Angio Retina Right / OD Scan Quality 3/10 8.00 x 8.00 Scan Disk I ward 30 Display SLD - De Freier - Hackstell - BIFE SALISTON - CODE CYNTHE 滋 OverVon. Edk and QuickVoc Restare Settings riv. C Superficial C Detc C Outer Rathy □ No MCT R Charappean □ Cde St Speciales Compa Upper - 6594 Offeet brill

Occult Non-Exudative CNV Patient A

Which is More Suspicious?

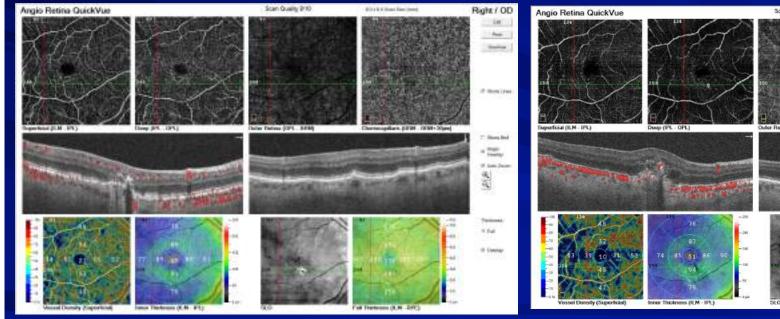


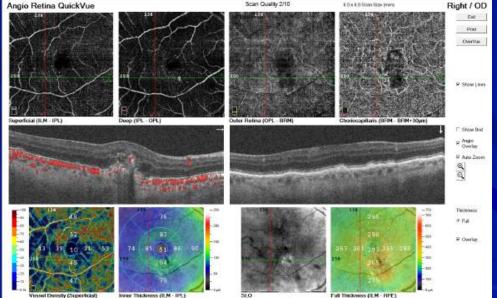
OCT Angiography Evaluation AMD



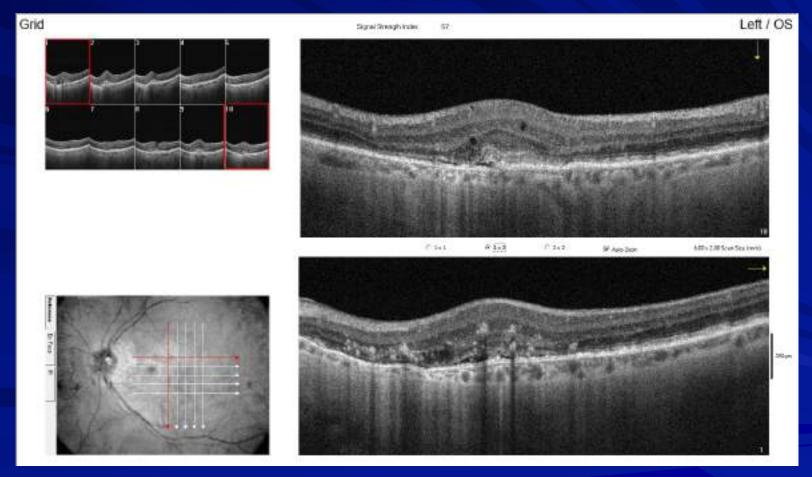
OCT Angiography Evaluation AMD

After and Before Bevacizumab (Avastin)



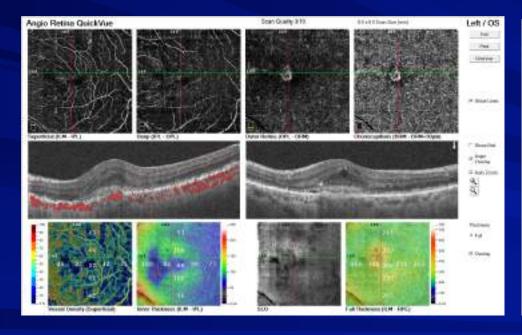


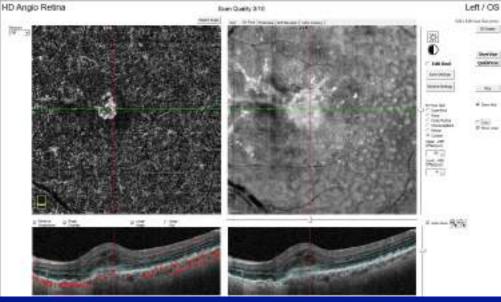
Evaluation AMD Patients for Neovascularization OCT Grid



Evaluation AMD Patients for Neovascularization

Using OCT Angiography





Treatments for AMD

- Early detection and meaningful treatments with significant value, do not cure, but have been shown to slow or halt progression. Not limited to early stages but all stages of AMD
 - **★** Prescribe smoking cessation programs
 - Smoking and AMD
 - Depletes serum antioxidants
 - Decreases pigmentary density
 - Increases risk to advanced AMD
 - * Lifestyle changes
 - 🖺 Diet
 - **Exercise**
 - * Systemic disease management
 - Tardiovascular disease, DM, obesity, high cholesterol

A Nutritional supplements

- * Sub-clinical/sub-structural or early disease
 - Controversy flourishes
 - No definitive guideline exists
 - Despite consensus evidence suggests using supplements
- * Intermediate advance disease
 - ☼ No controversy on advocating for supplements
- * AREDS 1
 - Contains Beta-carotene and no lutein or zeaxanthin, no longer recommended
 - Investigated early AMD, no statistically significant benefit
- * AREDS 2
 - ® Recommended for intermediate and advanced AMD, study protocol
- * The Practical Guide for the Treatment of AMD 3 primary options
 - Macular pigment supplement
 - Carotenoids: lutein, zeaxanthin, meso-zeaxanthin
 - Carotenoids, antioxidants, zinc, and vitamins C & E
 - AREDS 2
 - © Carotenoid macular supplement in subclinical and early AMD. Carotenoid and antioxidant is intermediate and AMD that is progressing

Treatment for AMD

Treatment for AMD

- Retinal light protection
 - **★** Sun exposure
- &Closer follow up
 - * 12 months is currently accepted as being too long to defect progression
 - * 6 months or sooner based on risk of CNV
- & Low vision and rehabilitation consultation

Measuring Macular Pigment

- « Retina macula biopsy
- & Clinical Imaging
 - * Subjective
 - **ZeaVision MPSII**
 - ☐ Guardion Mapcat SF
 - * Clinical
 - TeaVision MPR
 - ☐ Zeiss Visucam 200
 - □ Spectralis HRA+OCT
 - □ Spectralis MPOV





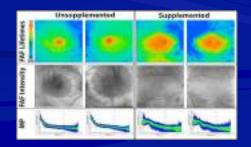








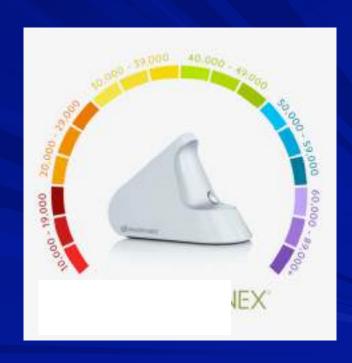




Measuring Macular Pigment

& Biophotonic Scanner

- * Measures carotenoids
- *Based on an optical method known as Resonant Raman Spectroscopy (RSS)
 - © Used for many years in research laboratories
- **★** Skin RRS measurements
 - Noninvasive
 - Objective
 - TReliable methods to assess carotenoid levels
 - Ocular
 - Systemic

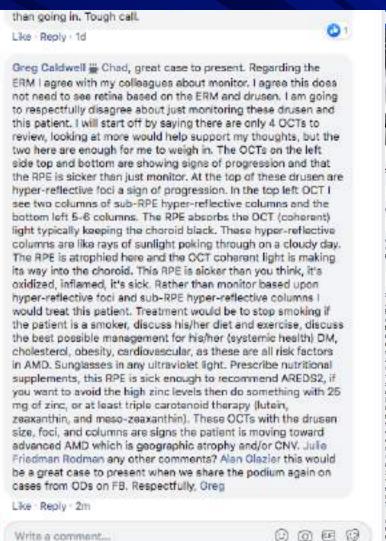


Treatments for Choroidal Neovascularization (CNV)

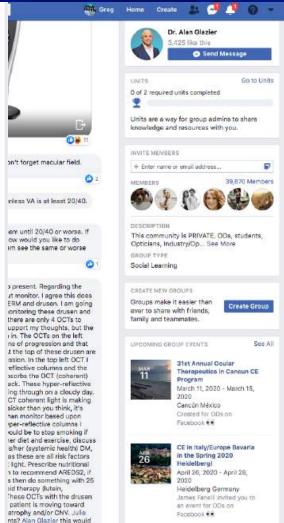
& Current Anti-VEGF treatments

- **★** Bevacizumab (Avastin)
 - ☐ Humanized full length monoclonal antibody
 - □ AMD
- * Ranibizumab (Lucentis)
 - Humanized monoclonal antibody fragment
 - AMD, DME, DR, RVO
- * Aflibercept (Eylea)
 - Fusion protein
 - AMD, DME, DR
- * brolucizumab-dbll (Beovu)
 - Humanized single-chain antibody fragment
 - ① Up to 3 months dosing intervals, most are 4-6 weeks
 - 50% remained 3 months after 1 year
- * Pegaptanib (Macugen)
 - **T** RNA aptamer
 - □ AMD





Write a comment....



RECENT GROUP PHOTOS

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Polling Question 7

- Regarding Age Related Macular Degenerations
- A. I am better prepared to help prevent vision loss
- B. I am better prepared to defect progression
- C. I am better prepared to know how to find AMD earlier
- D. All the above
- E. AMD causes vision loss, and we can not help



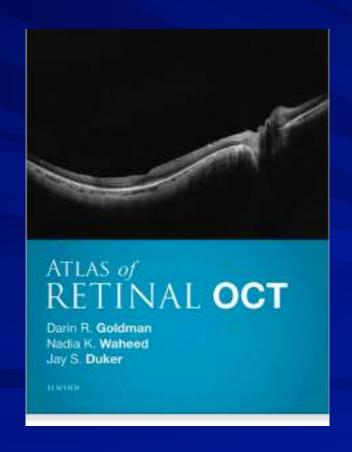
OCT CONNECT

Post your questions & cases so we can #OCTConnect!

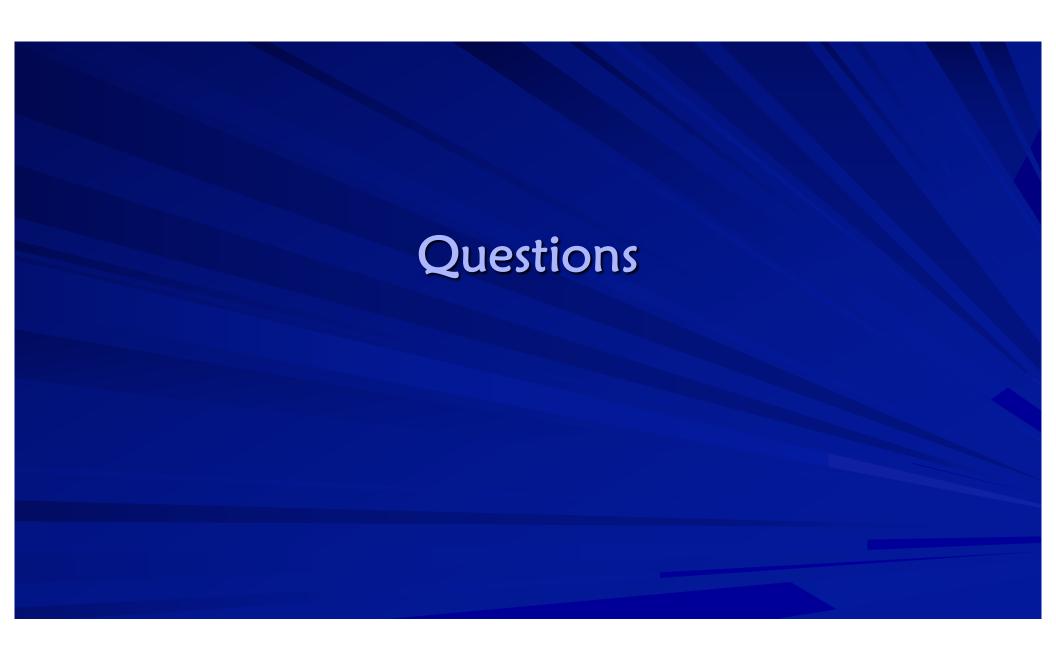


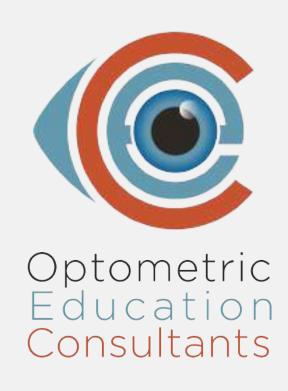
Join this group to become part of our OCT Connect Family!

Book Resources









AMD A-to-OCT-to-RI-to-Z What You Need to Know

Thank You!!!

Hope You Enjoyed!