

Optometric Education Consultants



OCT Interpretation

Red, Yellow, and Blue Disease, What is Real Disease, and What is Physiologically Normal?

Greg Caldwell, OD, FAAO

Mackinac Island Northern Escape Optometric Education Consultants Sunday, August 20, 2023



Disclosures- Greg Caldwell, OD, FAAO

All relevant relationships have been mitigated

- The content of this activity was prepared independently by me Dr. Caldwell
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 - •• Disclosure: Receive speaker honorariums
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All relevant relationships have been mitigated

Concepts discussed in this lecture can be applied to any OCT platform

The content and format of this course is presented without commercial bias and does not claim superiority of any commercial product or service

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Financial Obligations







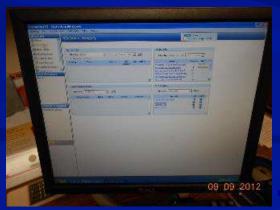
I am a clinician first then a scientist

- Some are scientists first then clinician
- I need to simplify for patient and patient care.
- Science is great, but not good if there isn't a clinical application.
- Some lectures are science based without clinical application.
- My lecture will be a hybrid. Showing clinical applications of the science

It is wonderful to have someone who's juggling so many aspects of optometry [scientific, clinical experience, teacher & lecturer]. It is refreshing and very informative. -Sarah

My Practice



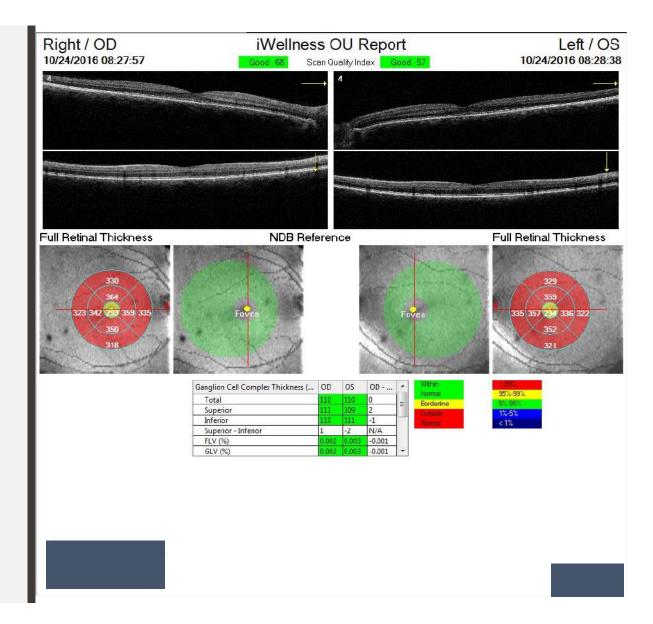






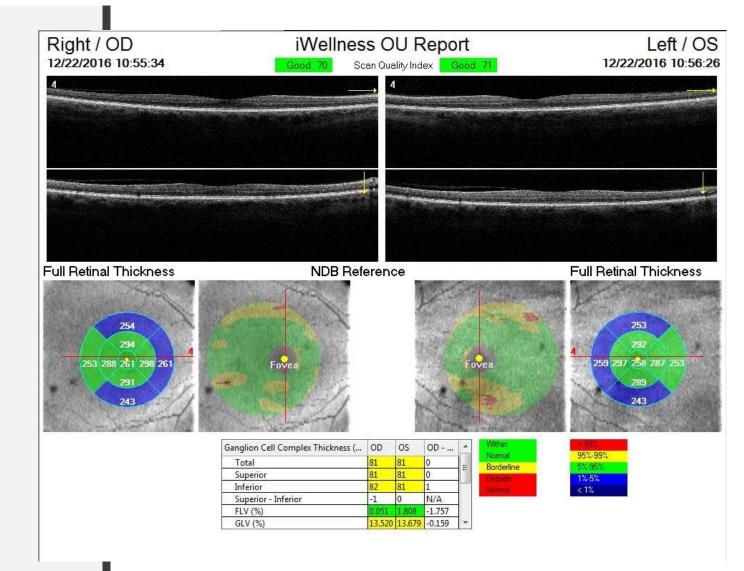
This OCT is most likely

Real Disease or Physiologically Normal



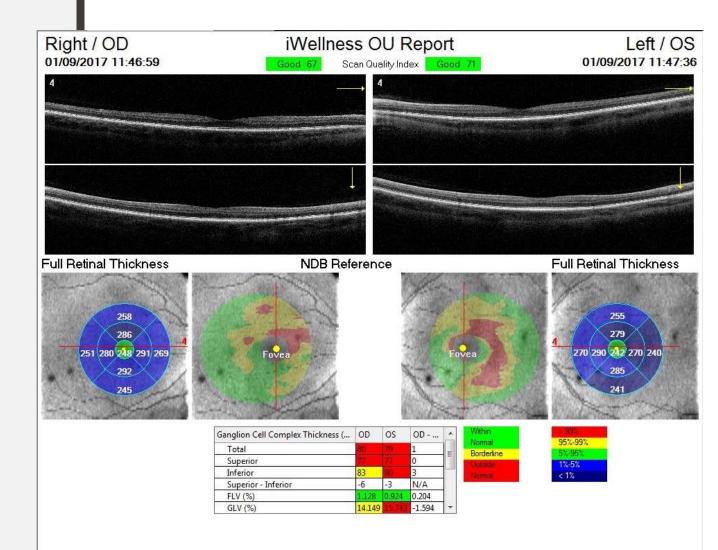
This OCT is most likely

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This OCT is most likely

Real Disease or Physiologically Normal



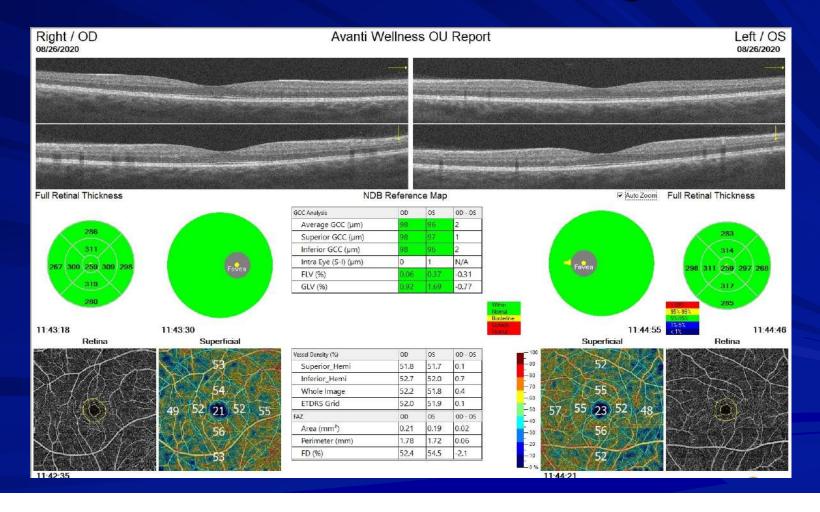
Green, Red, Yellow, and Blue Disease

Physiologically Normal OCT measure structure

Green, Red, Yellow, and Blue Disease Hints to this Disease

- A Prefer to start evaluating an OCT with bilateral scan
- A If the disease is a bilateral disease
 - * Glaucoma
 - 1 It is usually asymmetric
- A If the scans are symmetric
 - * Then it most likely not disease physiologically normal
 - * Anatomical variation
 - Normal for that patient
- Another hint is the GCC expected values
 - * 85-100 microns
 - * 92-95 microns

Symmetry and What is Being Tested



46-year-old woman with red-yellow disease

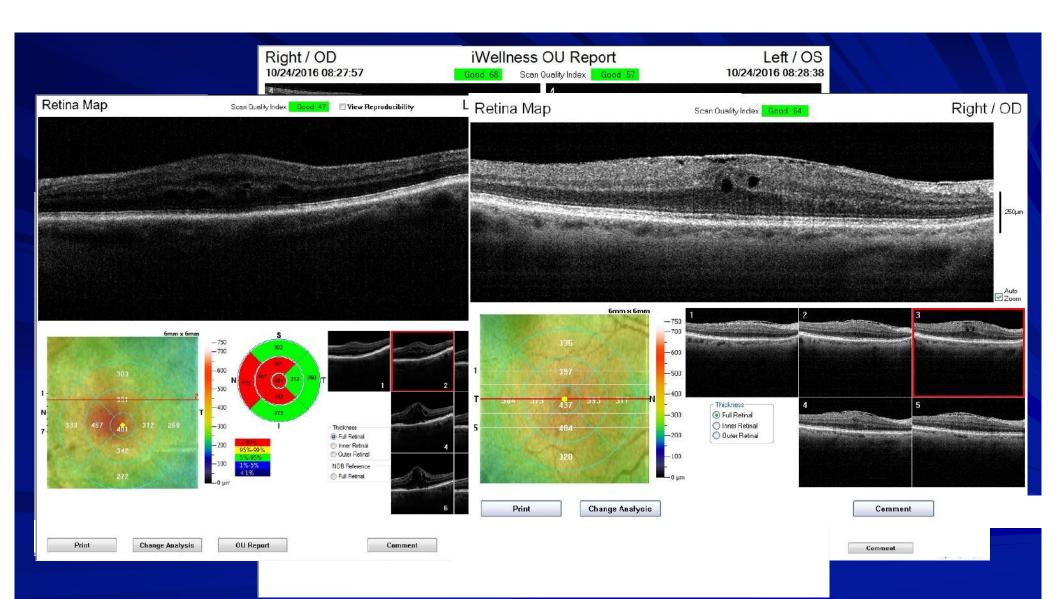
↔OD -0.75 20/20

& OS -1.25 20/20

Systemic hx: thyroid dysfunction, high cholesterol

* Medications for the above

△ IOPs 15 mm Hg OU 8:30 am

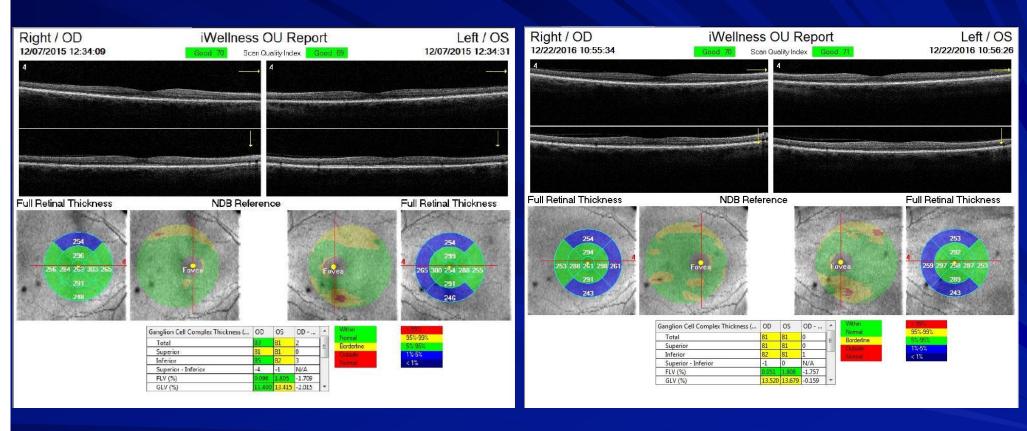


63-year-old woman with red, yellow, blue, and green disease

↔ OD plano/ +2.00 20/20

G√OS -0.50/ +2.00 20/20

⇔ IOPs 15-18 mm Hg OU 2011-2015



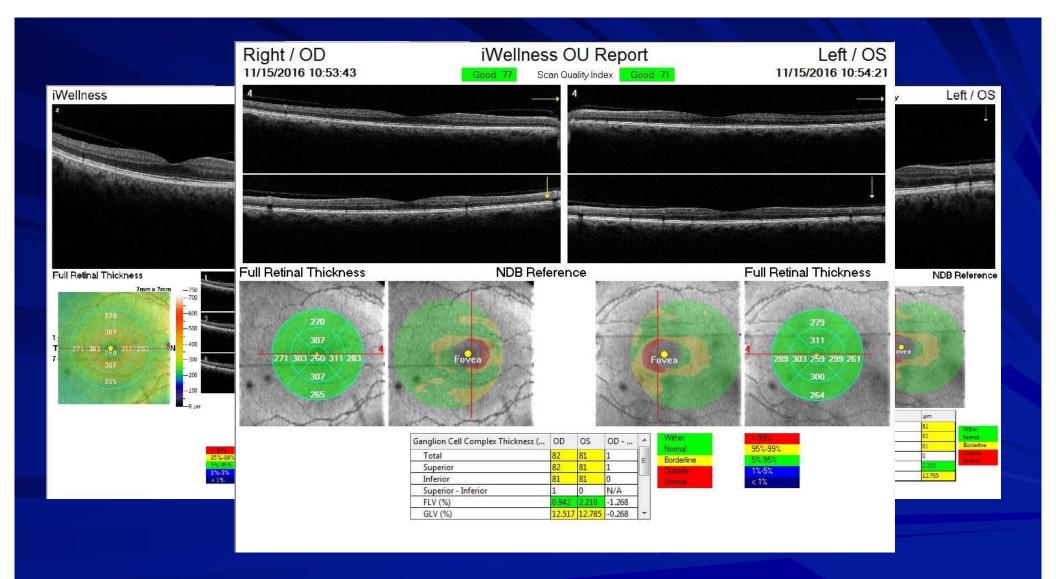
58-year-old with yellow disease

← OD +1.00 20/20

*⇔*OS +1.25 20/20

⇔ IOPs: 13/15 mm Hg at 11:24 am

⇔ (pay attention to FLV and GLV)



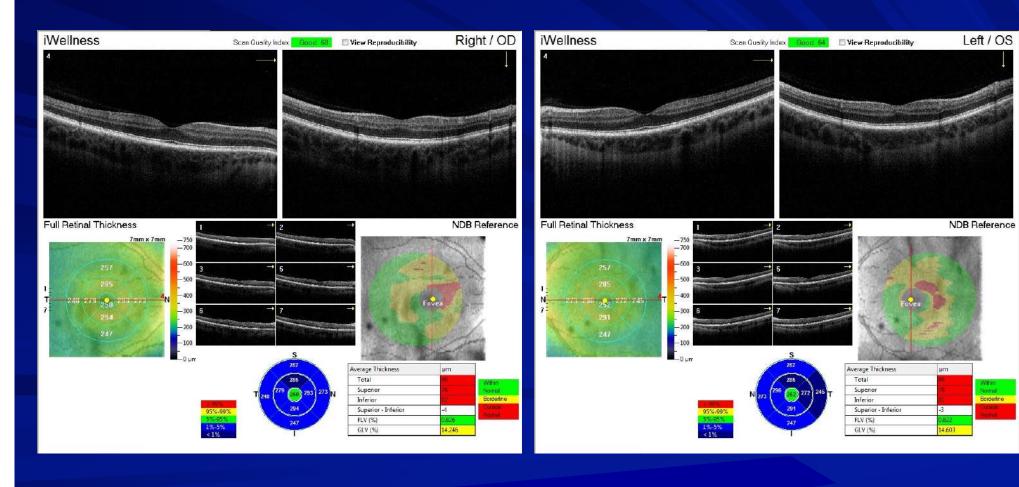
40 yo man with red, blue, green disease

*⇔*OD -7.50 − 0.75 x 110 20/20

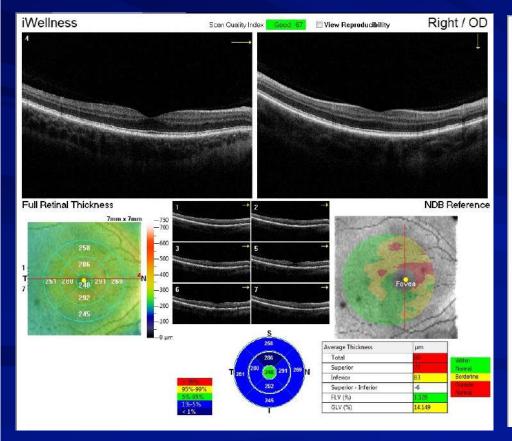
*⇔*OS -7.50 − 0.75 x 105 20/20

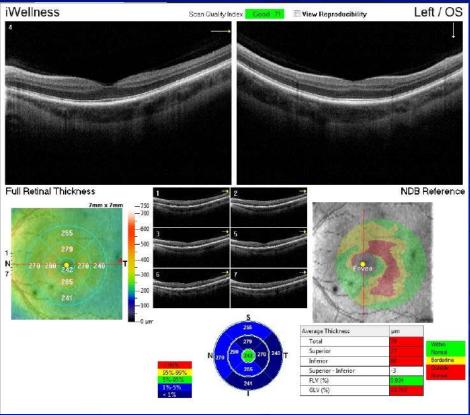
€ IOPs: 15/13 mm Hg at 6:30 pm

March 16, 2015

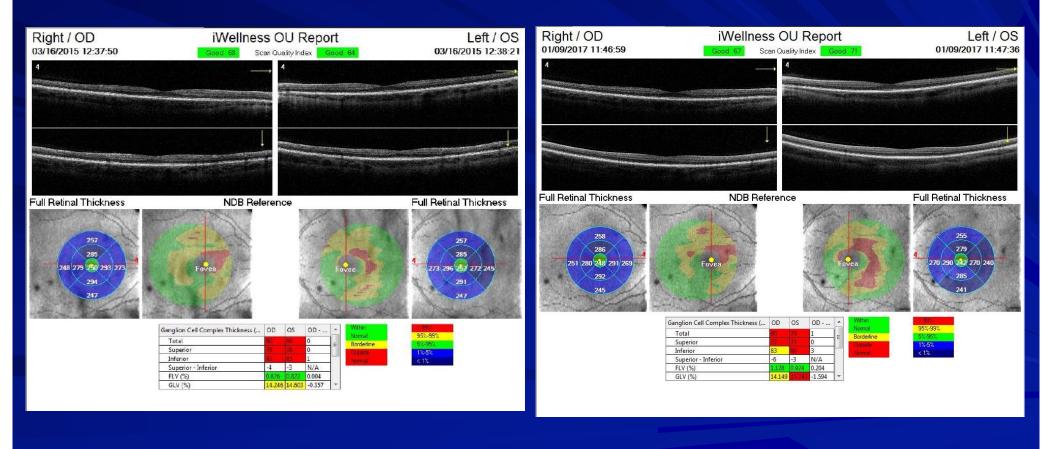


January 9, 2017

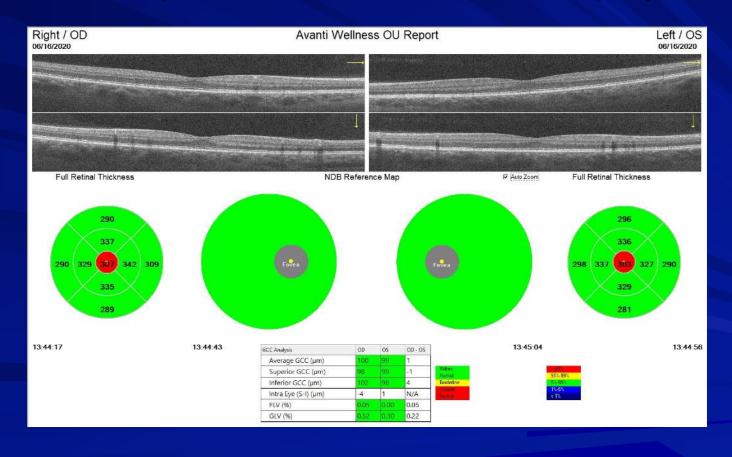




22 months apart



28-year-old man with myopia



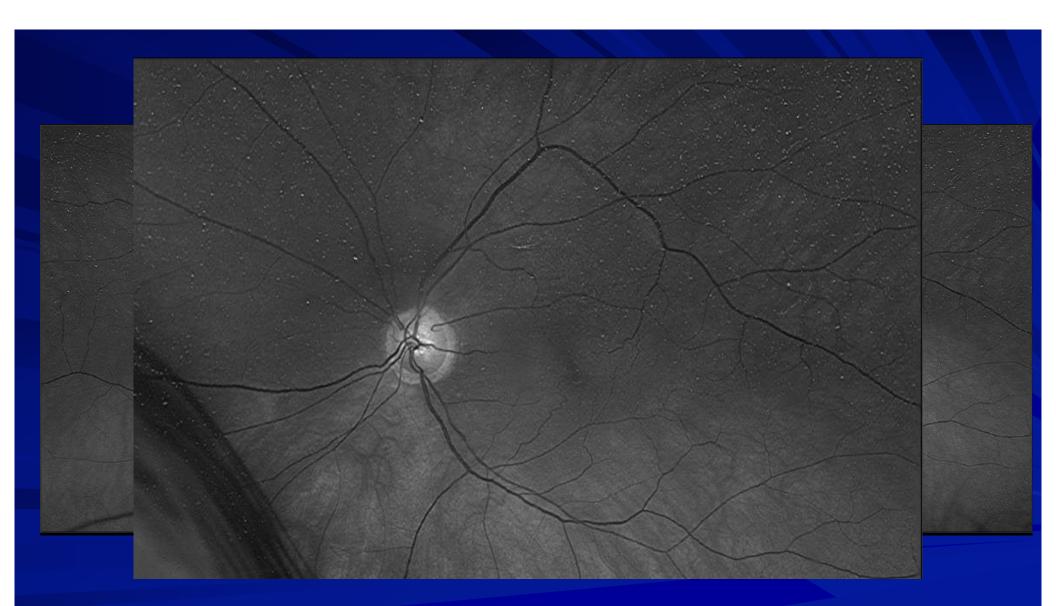
Green, Red, Yellow, and Blue Disease

Real Disease

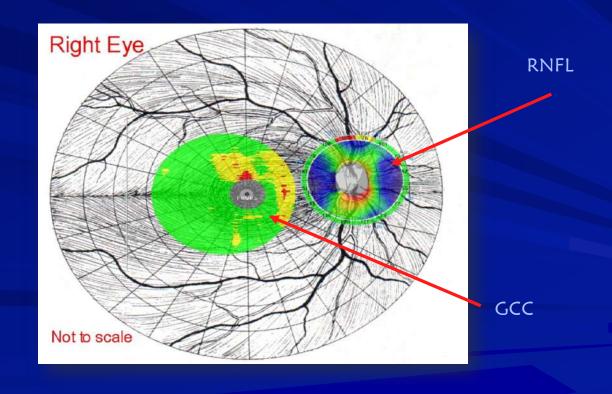




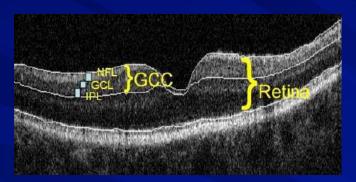




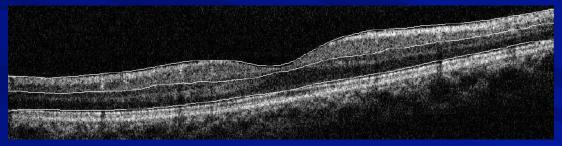
Overlay of the RNFL and GCC



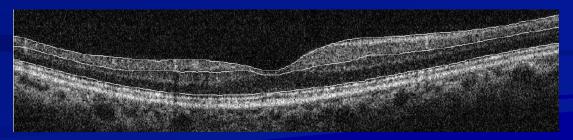
GCC Thinning in Glaucoma



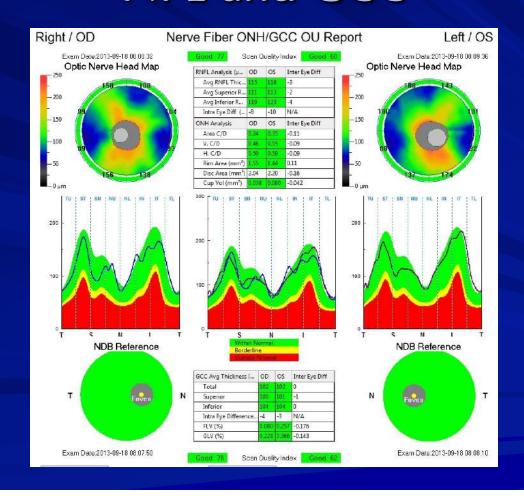
Normal

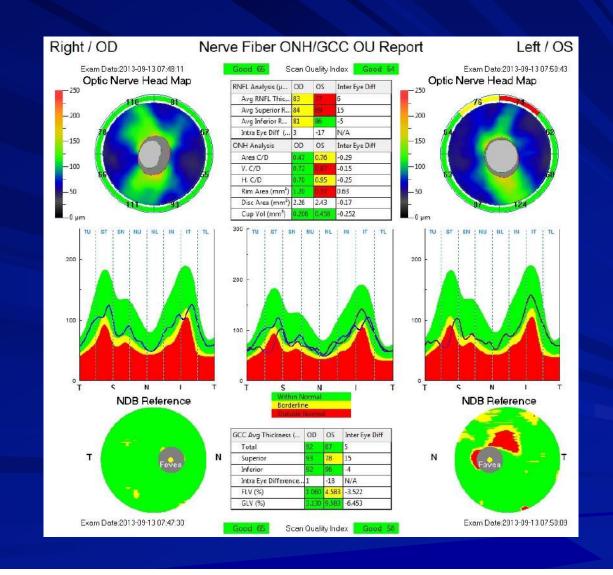


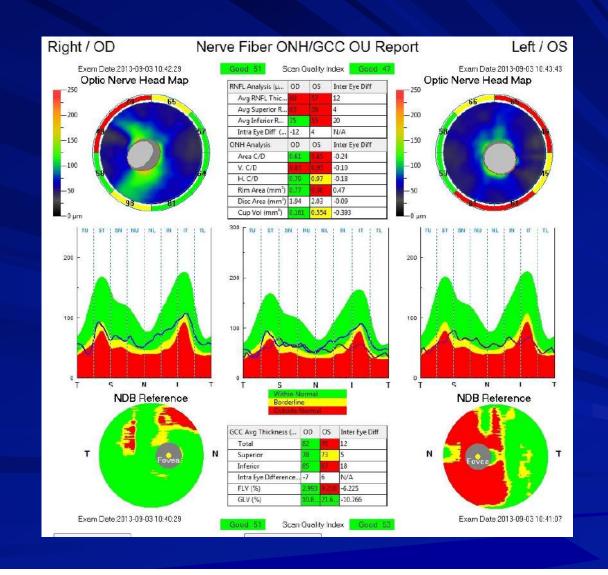
Glaucoma with thinner GCC

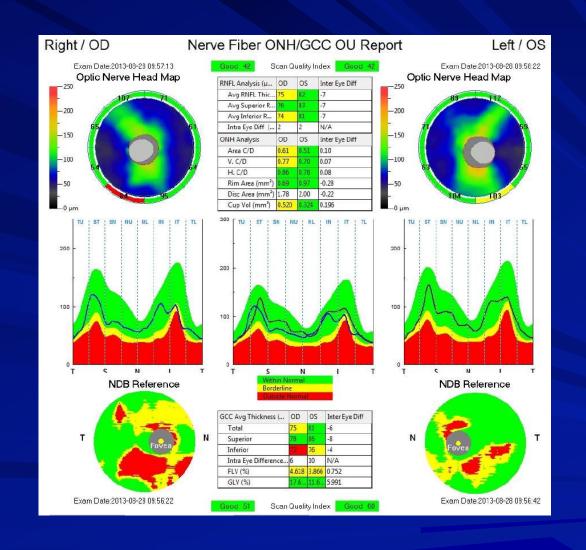


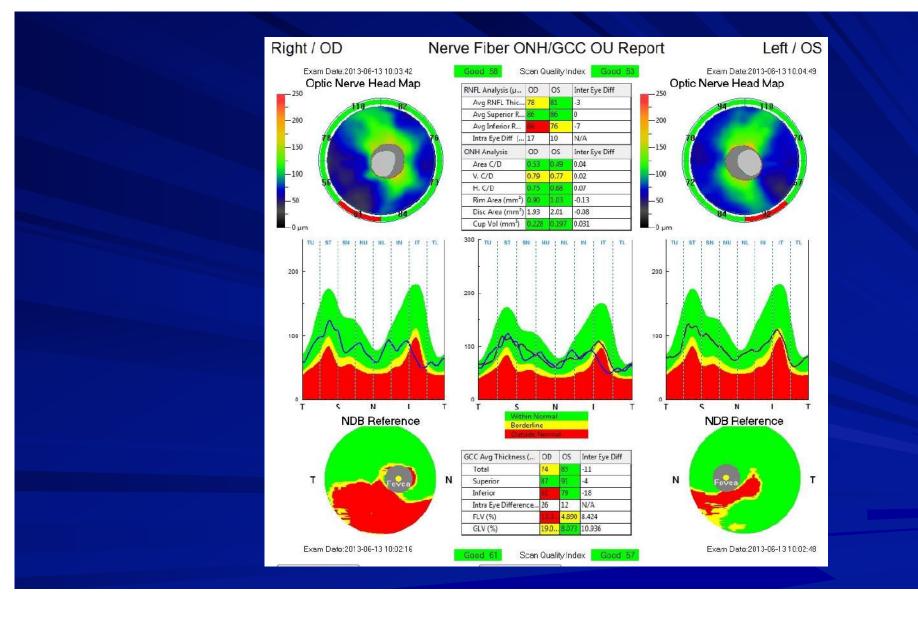
NFL and GCC









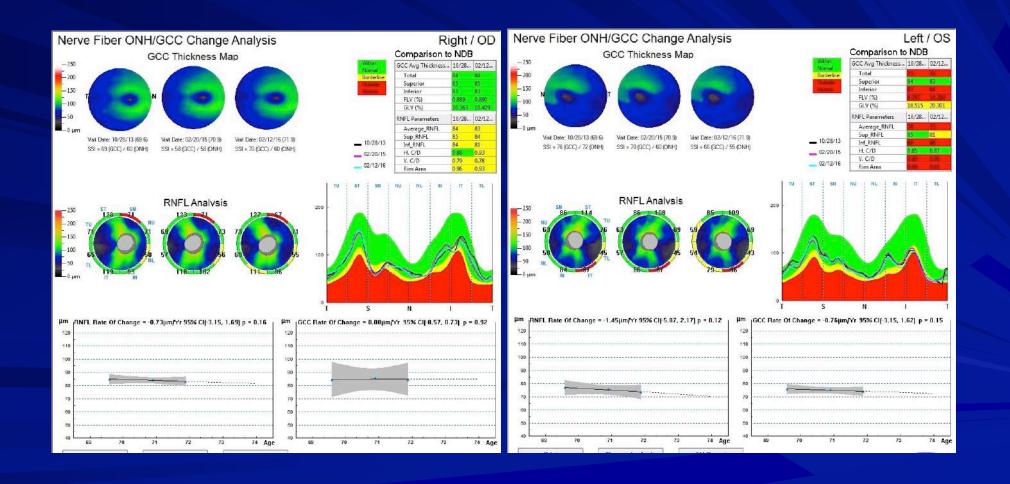




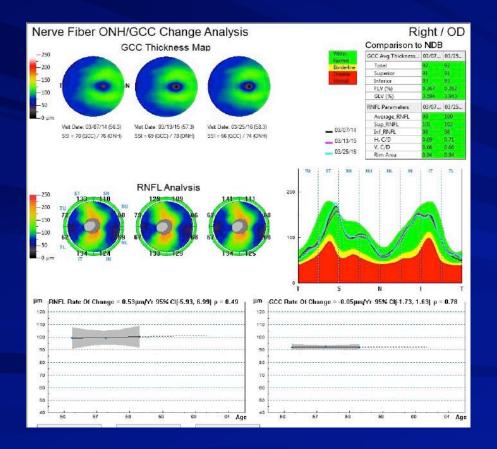
Which measurement on the OCT for glaucoma assessment will typically be more accurate?

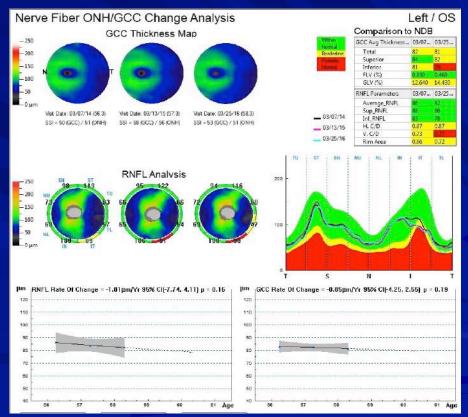
- A. Nerve Fiber Layer NFL
- B. Ganglion Cell Complex GCC

POAG

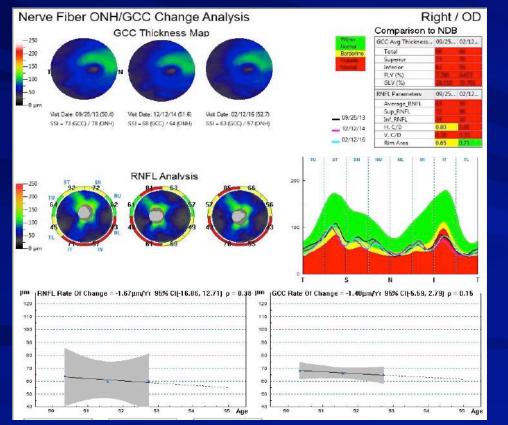


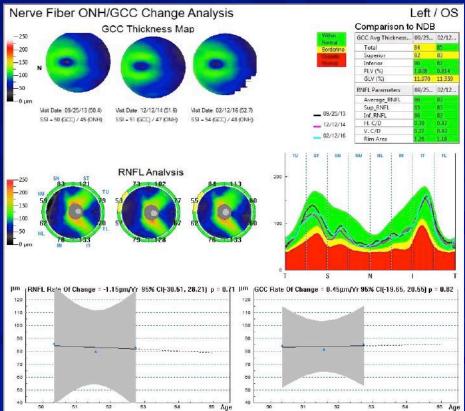
POAG



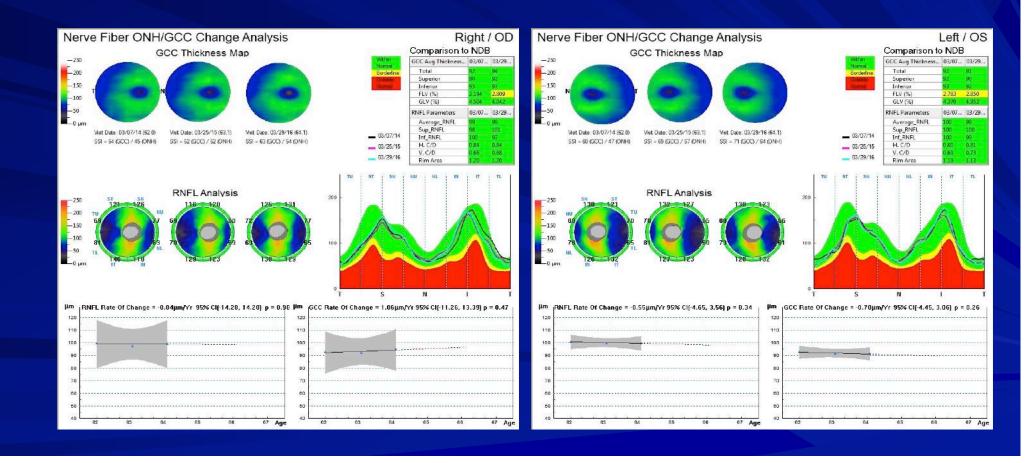


POAG





Glaucoma Suspect strong family history



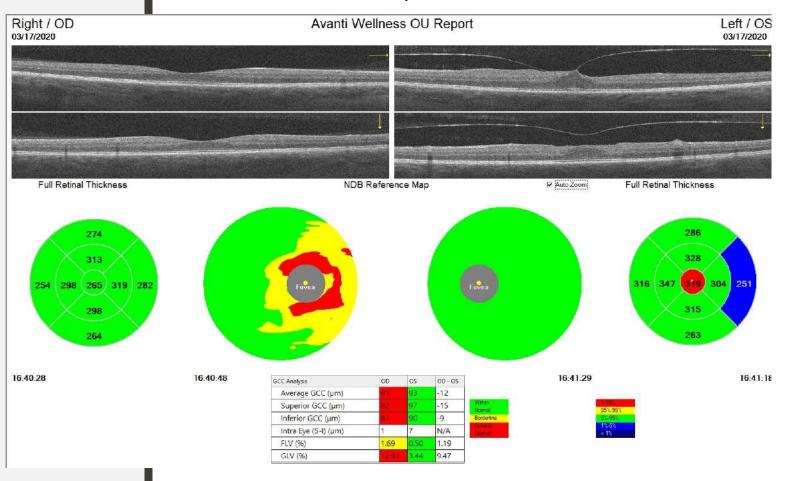


Which part of the eye is most likely to change due to age?

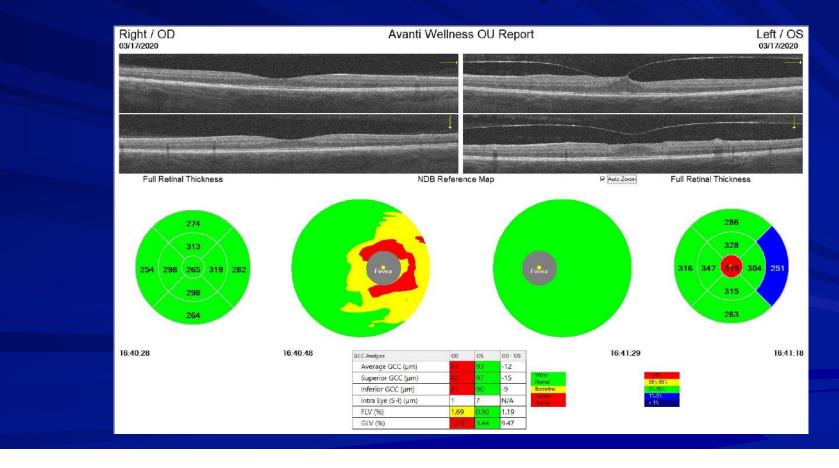
- A. Cornea
- B. Retina
- C. Vitreous
- D. Optic Nerve

Which eye is most abnormal?

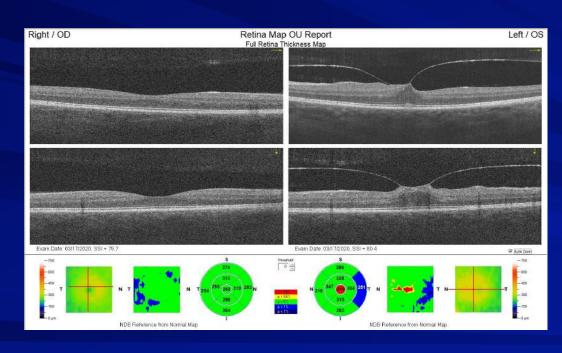




30-year-old woman "Need my CL updated"

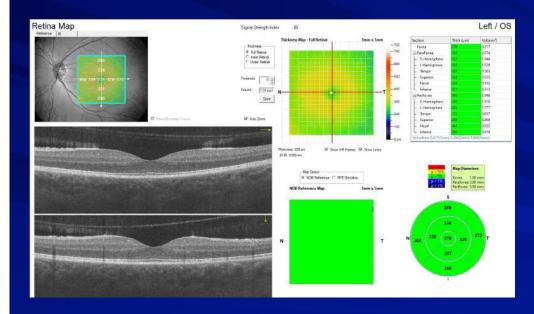


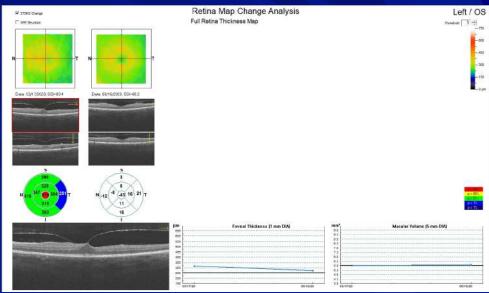
A Closer Look – Oh no!





Phew – Lucky! June 16, 2020





The International Vitreomacular Traction Study Group Classification of Vitreomacular Adhesion, Traction, and Macular Hole

Jay S. Duker, MD, ¹ Peter K. Kaiser, MD, ² Susanne Binder, MD, ³ Akin Gaudrie, MD, ⁶

Main Outcome Measures:

Optical coherence tomography-based anatomic definitions and classification of vitreomacular adhesion, vitreomacular traction (VMT), and macular hole.

Results: Vitreomacular adhesion is defined as perifoveal vitreous separation with remaining vitreomacular attachment and unperturbed foveal morphologic features. It is an OCT finding that is almost always the result of normal vitreous aging, which may lead to pathologic conditions. Vitreomacular traction is characterized by anomalous posterior vitreous detachment accompanied by anatomic distortion of the fovea, which may include pseudocysts, macular schisis, cystoid macular edema, and subretinal fluid. Vitreomacular traction can be subclassified by the diameter of vitreous attachment to the macular surface as measured by OCT, with attachment of 1500 μm or less defined as focal and attachment of more than 1500 μm as broad. When associated with other macular disease, VMT is classified as concurrent. Full-thickness macular hole (FTMH) is defined as a foveal lesion with interruption of all retinal layers from the internal limiting membrane to the retinal pigment epithelium. Fullthickness macular hole is primary if caused by vitreous traction or secondary if directly the result of pathologic characteristics other than VMT. Full-thickness macular hole is subclassified by size of the hole as determined by OCT and the presence or absence of VMT.

Conclusions: This classification system will support systematic diagnosis and management by creating a clinically applicable system that is predictive of therapeutic outcomes and is useful for the execution and analysis of clinical studies.

> using OCT-based findings to characterize and define VMI conditions; however, there is currently no consensus on their definition and classification, which hinders clinical practice, consistent reporting, and the evaluation of potential therapies to treat these conditions.

Methods

A namel of vitreoretinal disease experts, the International Vitreomacular Traction Study (IVTS) Group, was convened to develop

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VMA versus VMT Focal or Broad Attachment

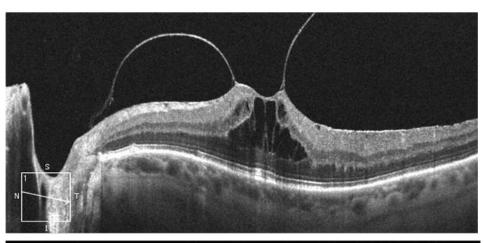
Duker et al · Classification of VMI Diseases

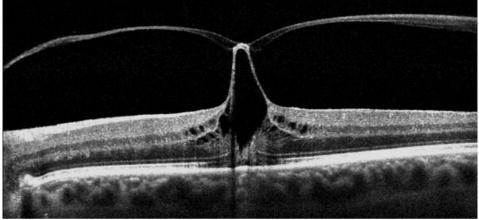
Table 4. The IVTS Classification System for Vitreomacular Adhesion, Traction, and Macular Hole

Anatomic State	IVTS Classification System for Vitreomacular Adhesion, Traction, and Macular Hole
VMA	Definition Evidence of perifoveal vitreous cortex detachment from the retinal surface Macular attachment of the vitreous cortex within a 3-mm radius of the fovea No detectable change in foveal contour or underlying retinal tissues
	Classification
	By size of attachment area Focal (≤1500 µm)
	Broad (>1500 μm, parallel to RPE and may include areas of dehiscence) By presence of concurrent retinal conditions
	Isolated Concurrent
VMT	Definition
	Evidence of perifoveal vitreous cortex detachment from the retinal surface
	Macular attachment of the vitreous cortex within a 3-mm radius of the fovea Association of attachment with distortion of the foveal surface, intraretinal structural changes, and/or elevation of the fovea above the RPE, but no full-thickness interruption of all retinal layers
	Classification
	By size of attachment area
	Focal (≤1500 μm)
	Broad (>1500 μm, parallel to RPE and may include areas of dehiscence)
	By presence of concurrent retinal conditions
	Isolated
	Concurrent

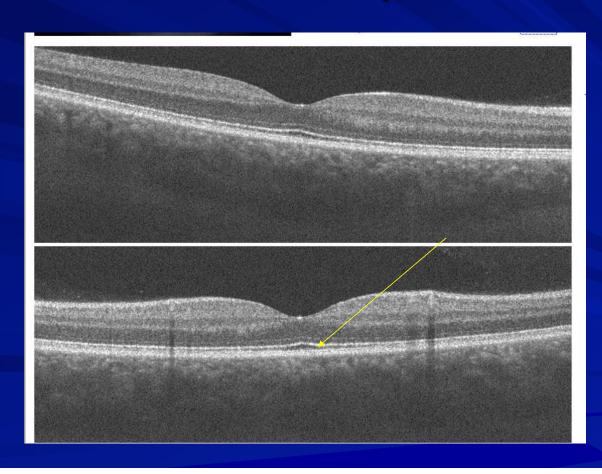


Which eye has the better visual prognosis?

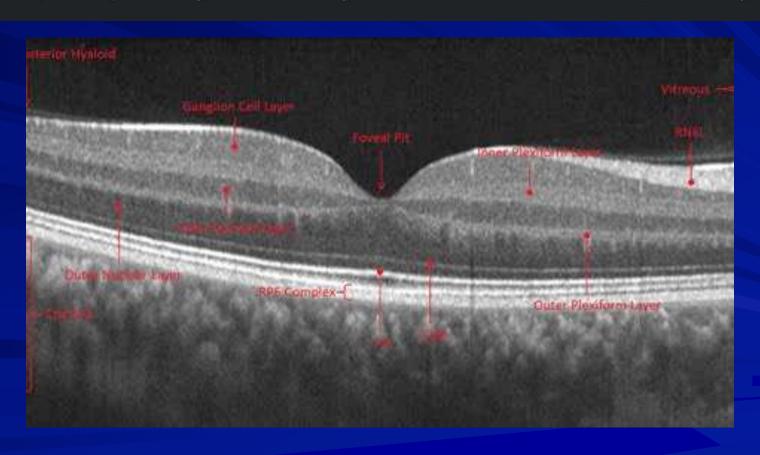


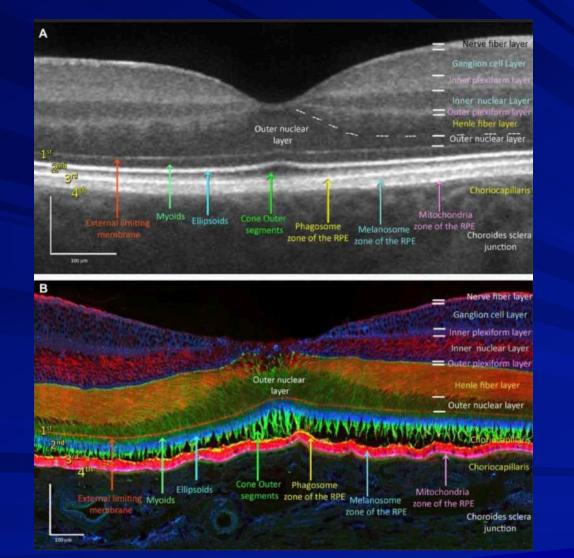


What is this layer called?

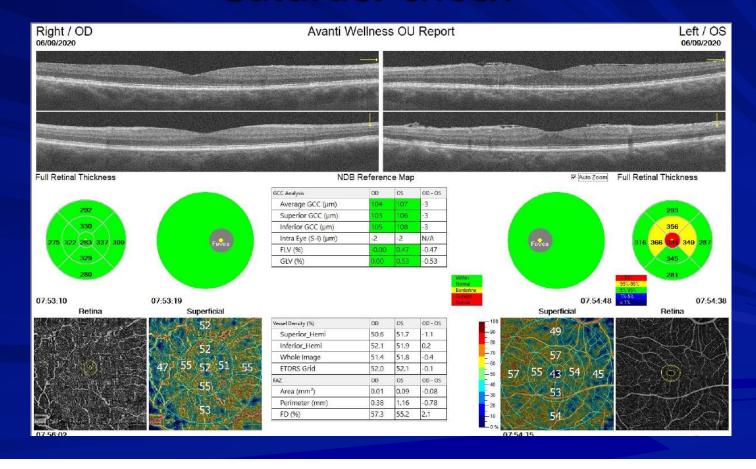


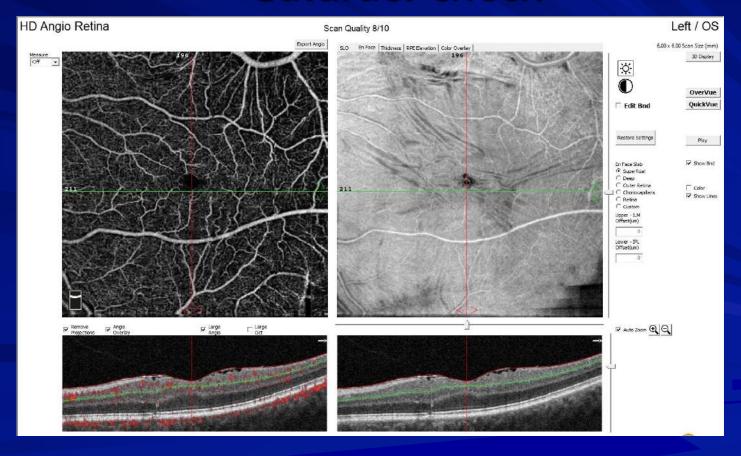
The ellipsoid zone (EZ) is considered to be **formed mainly by mitochondria within the ellipsoid layer of the outer portion of the inner segments of the photoreceptors**. However, it was previously known as the junction between the photoreceptor IS/OS).

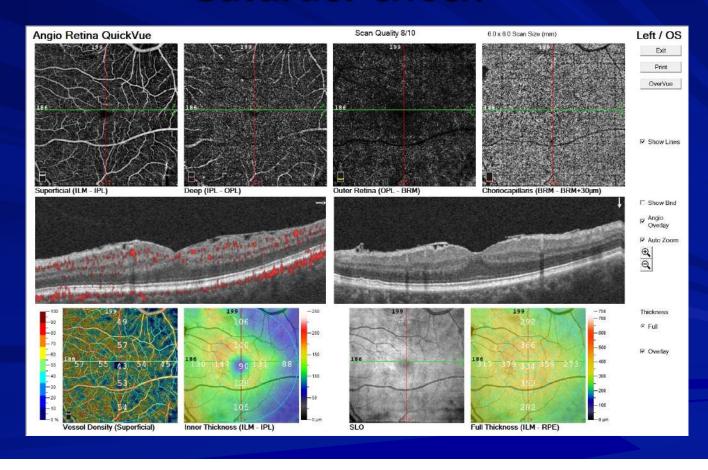




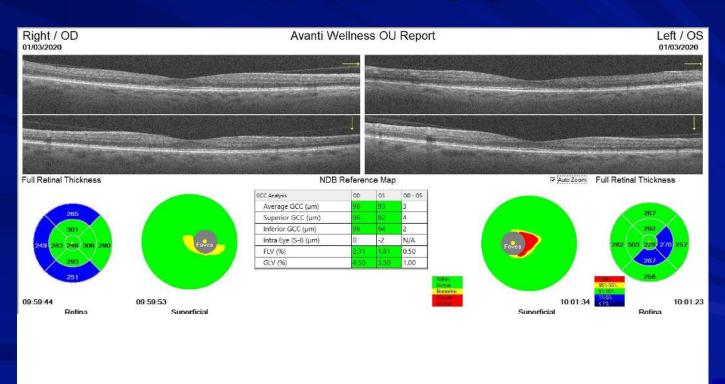




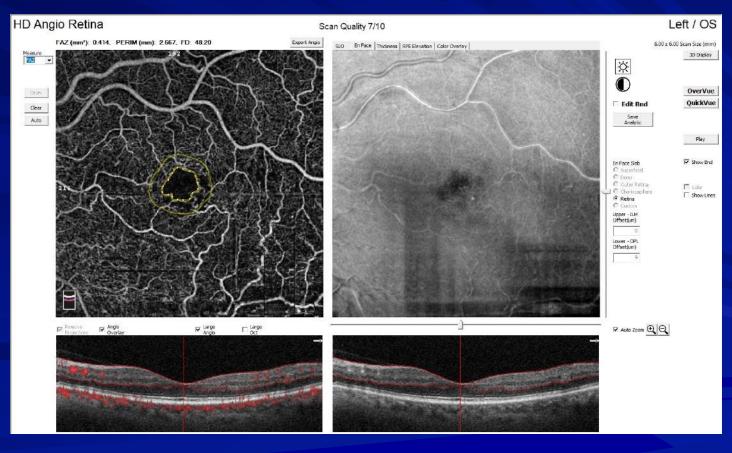




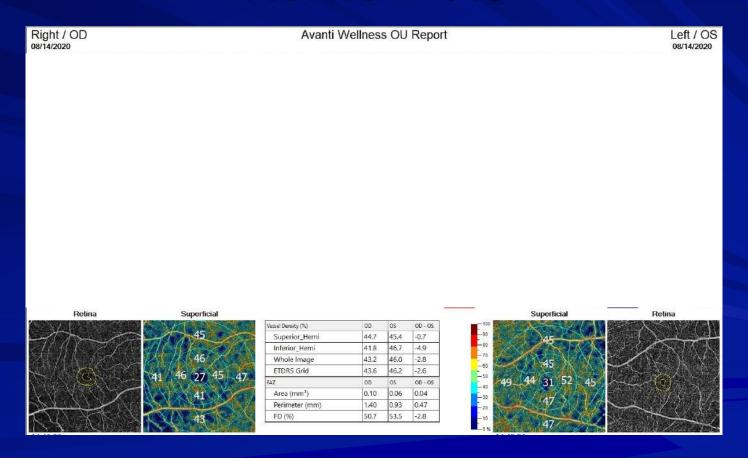
63-year-old woman with DM HbA1c = 8.0



63-year-old woman with DM HbA1c = 8.0

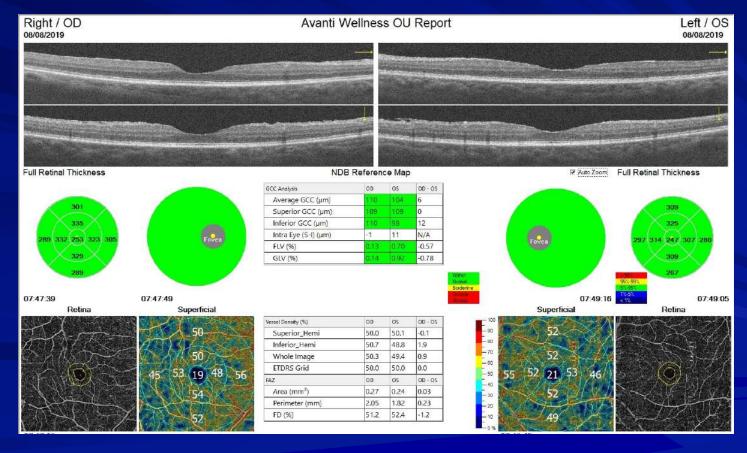


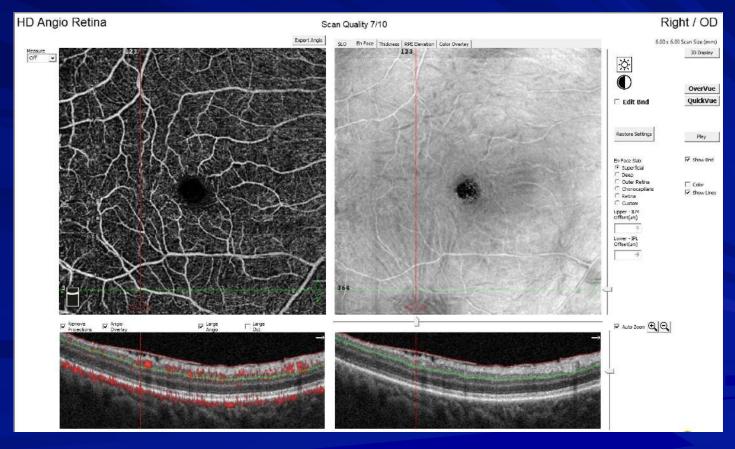
-year-old man with DM HbA1c = 7.8

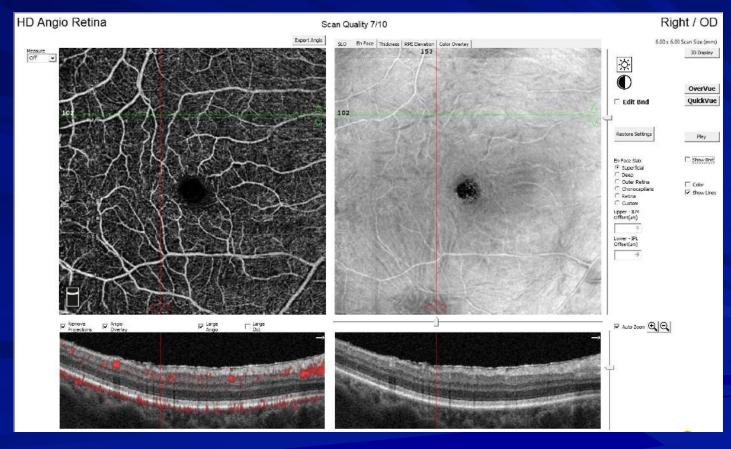


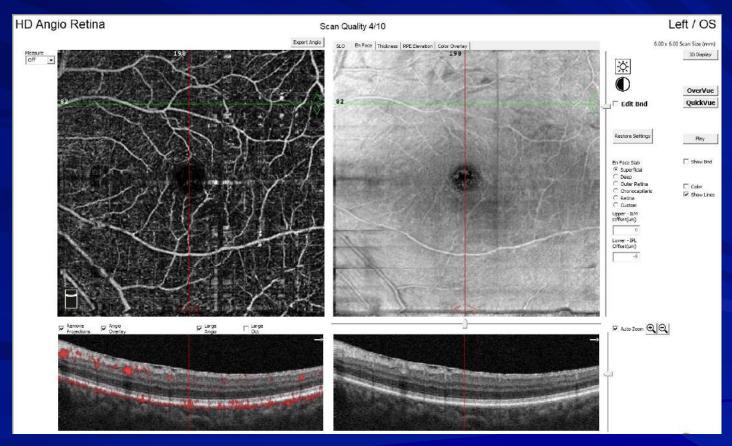
Advanced Interpretation

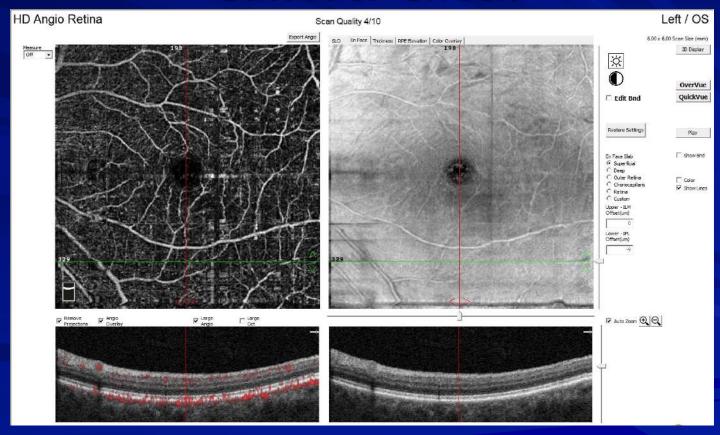
Green Disease

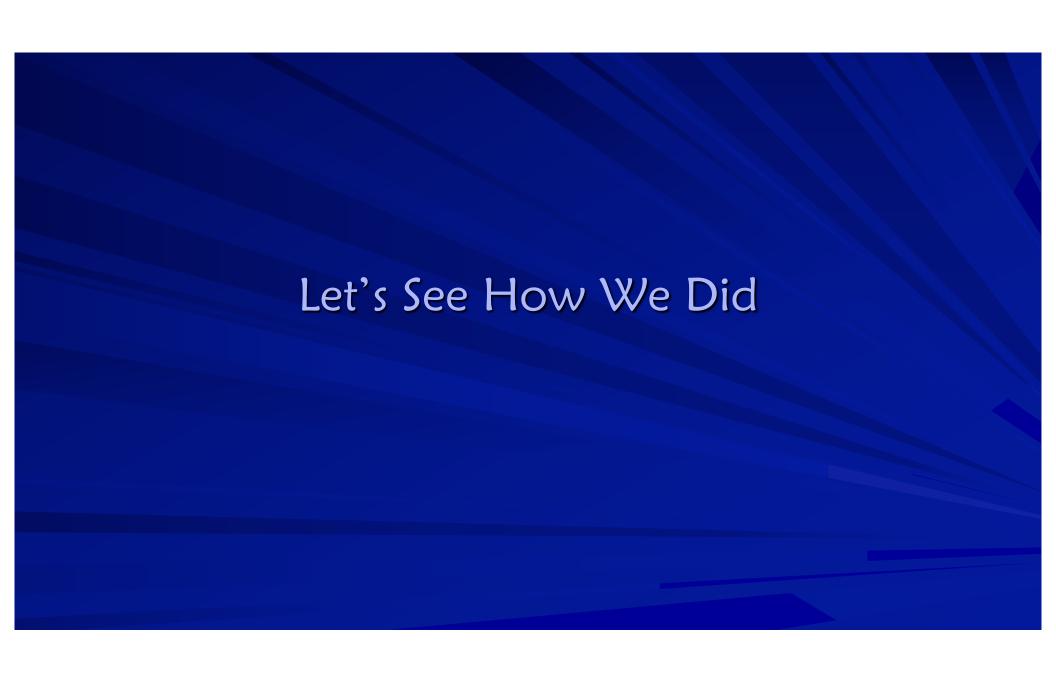




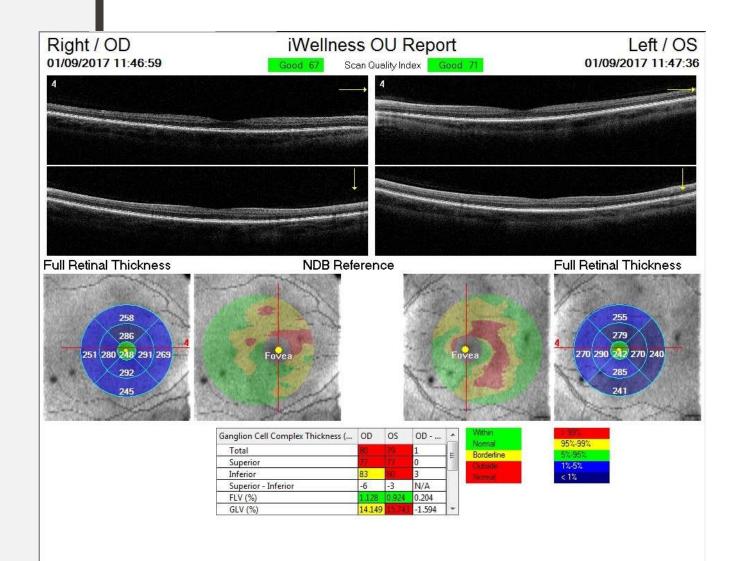




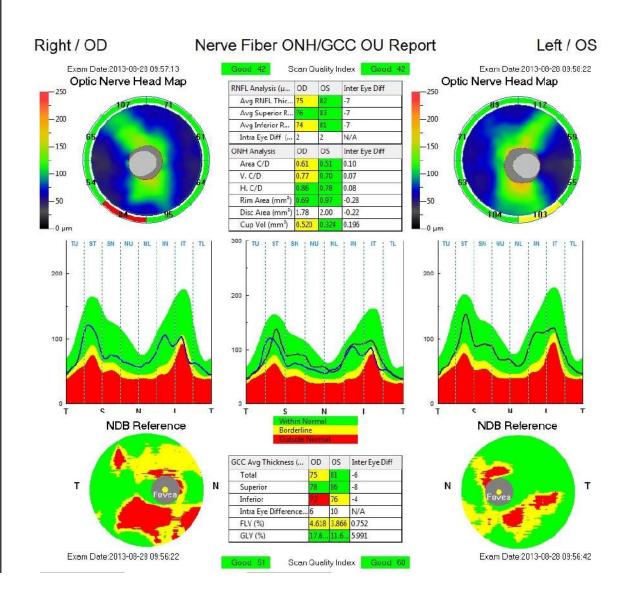




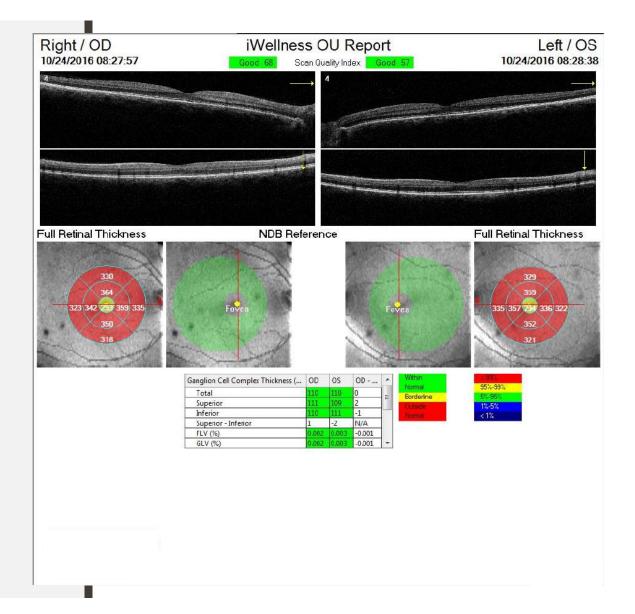
This OCT is most likely



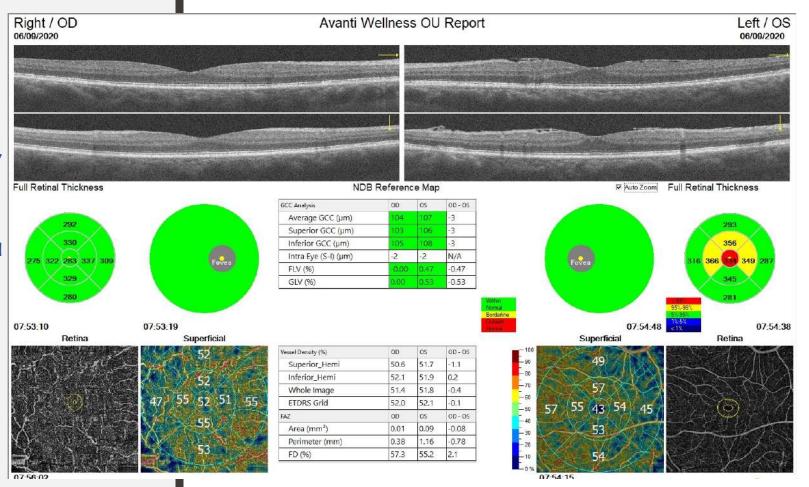
This OCT is most likely



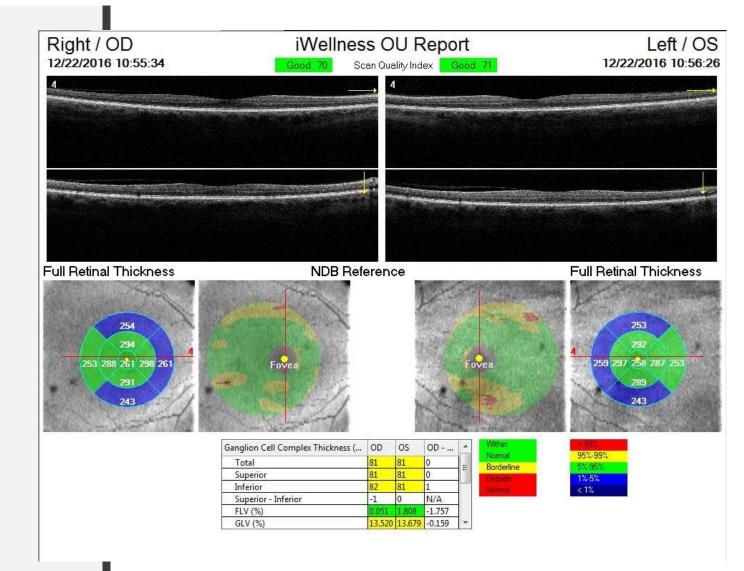
This OCT is most likely



This OCT is most likely



This OCT is most likely



Green, Red, Yellow, and Blue Disease Hints to this Disease

- A Prefer to start evaluating an OCT with bilateral scan
- A If the disease is a bilateral disease
 - * Glaucoma
 - 1 It is usually asymmetric
- A If the scans are symmetric
 - * Then it most likely not disease physiologically normal
 - * Anatomical variation
 - Normal for that patient
- Another hint is the GCC expected values
 - * 85-100 microns
 - * 92-95 microns

A Few Cases to Pull it Together

54-year-old man

- ← Ocular Hypertension since 2014
 - * No treatment
- A Pigment Dispersion
- Ser Baseline IOP or Tmax 26/26
 - * 2014— March 2018
- *⇔* Today 30/32, new Tmax 9-25-18

```
DFE - 3-22-18, 9-27-19, 7-28-20, 2-21-22, 6-27-23

VF = 9-25-18, 9-27-19, 9-28-20, 2-21-22, 6-27-23

OCT - 3-22-18, 3-27-19, 9-27-19, 9-28-20, 2-21-22, 6-27-23

gonio - 1-10-15, 3-24-20, 3-25-21, 4-5-23

Protos - 3-24-20, 3-25-21, 4-5-23

Protos - 587/589

OCT - A - 9/25/18, 9-28-20, 2-21-22, 6-27-23

Bise/me 26/26 1-5-14 >cutrist

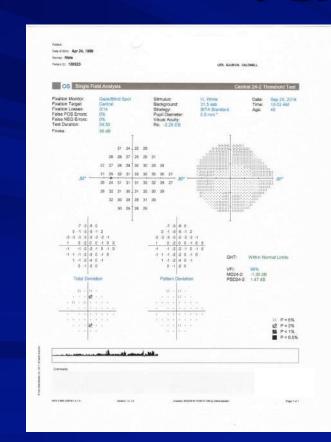
20/32 9-25-18

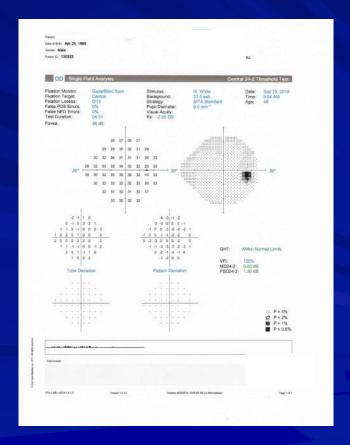
35/31 3-27-19

Agment Lispersion

Fem Hx - mother?
```

VF 24-2 Sita-Faster 9-25-2018

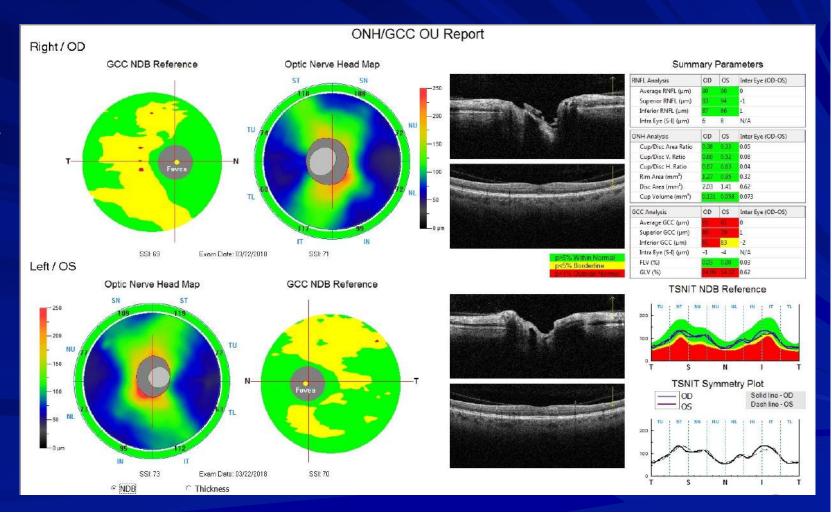




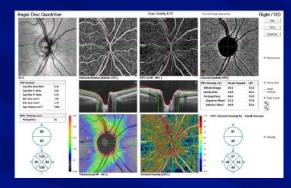
OCT NFL and GCC 3-22-18

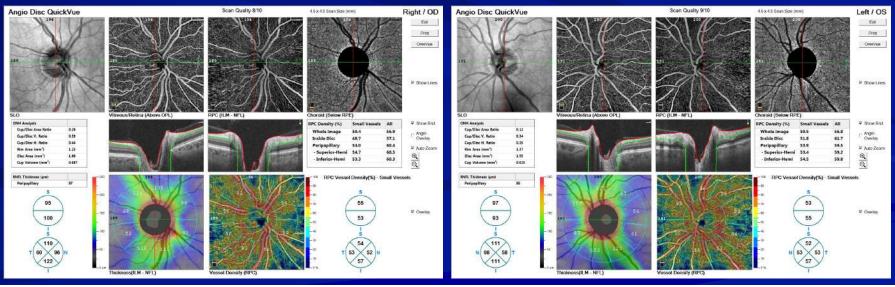
Question

This GCC is most likely

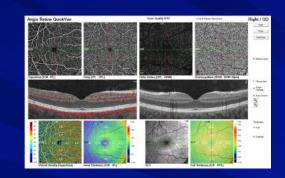


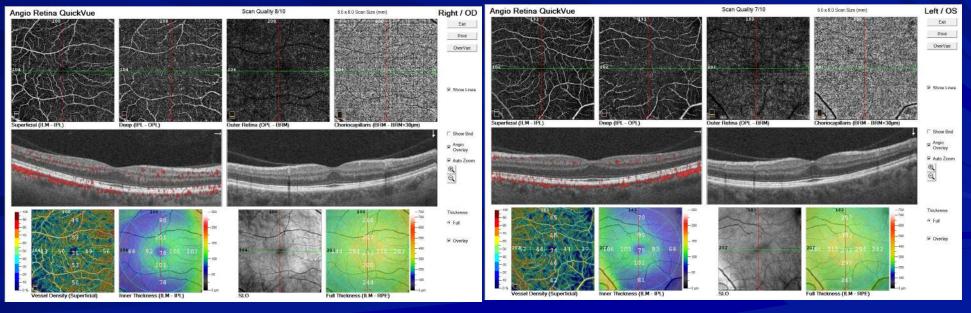
OCT-A 9-25-2018





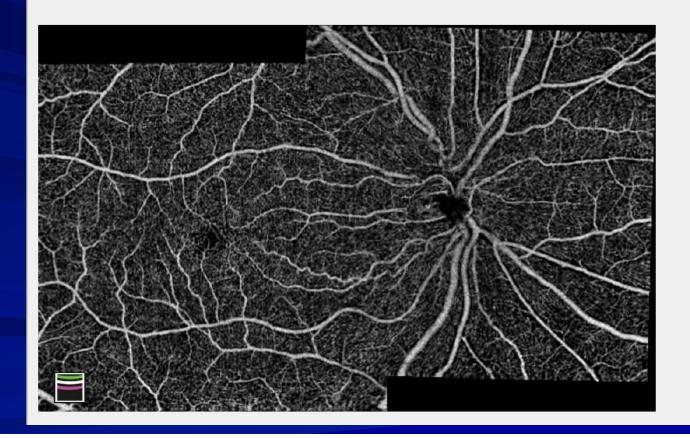
OCT-A 9-25-2018





Montage OD

Angio Montage



Right / OD

Exit OverVue

Print

Reset View

□ Edit

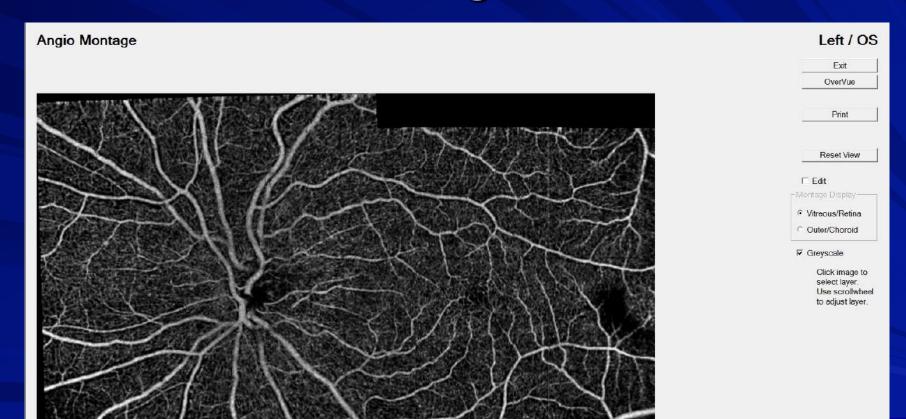
- Montage Display-

Vitreous/Retina

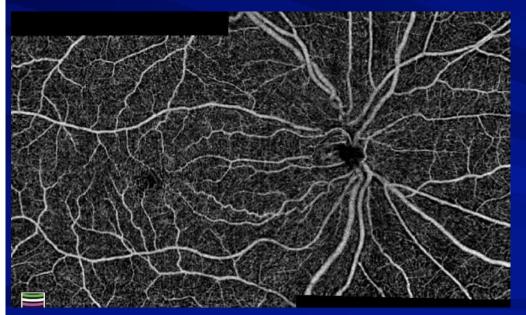
○ Outer/Choroid

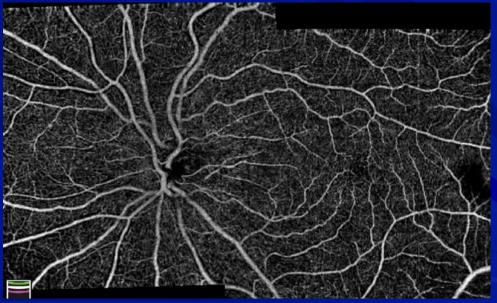
Click image to select layer. Use scrollwheel to adjust layer.

Montage OS

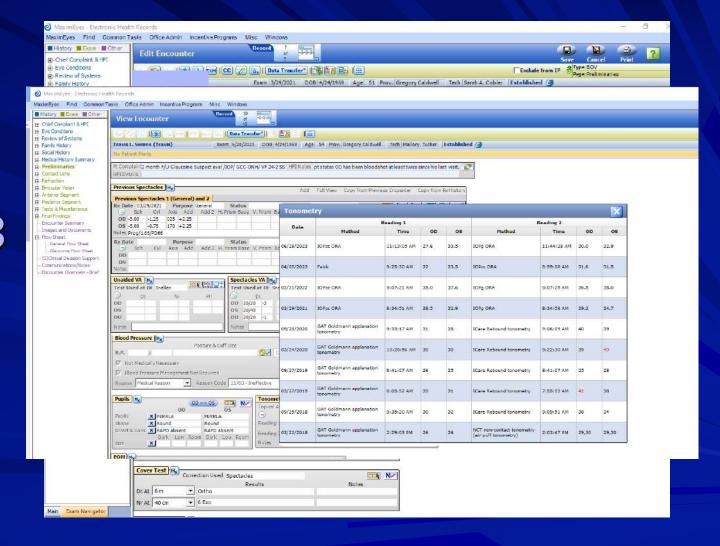


Montage OU

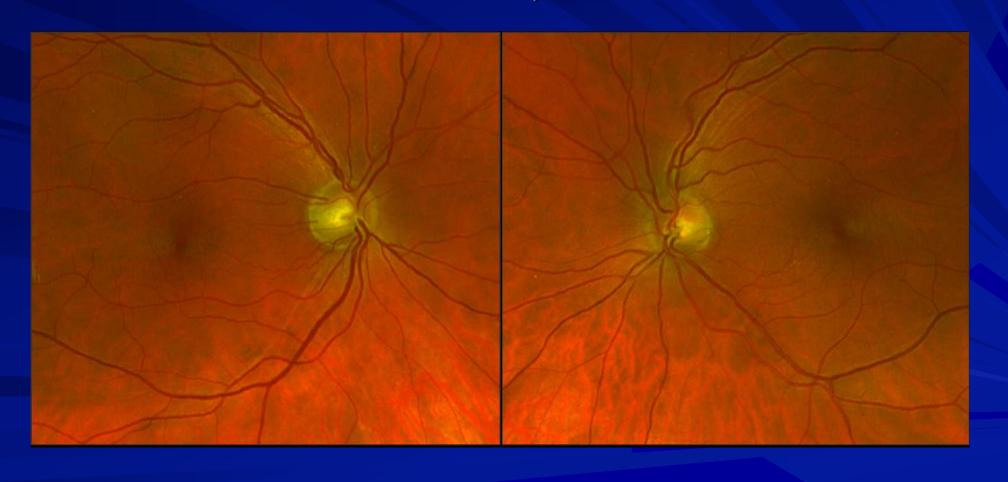




Update 2023

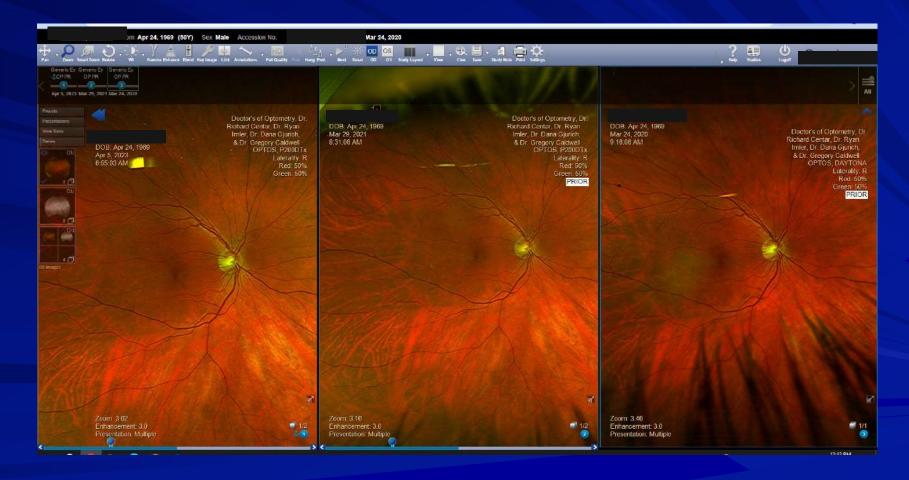


March 29, 2021



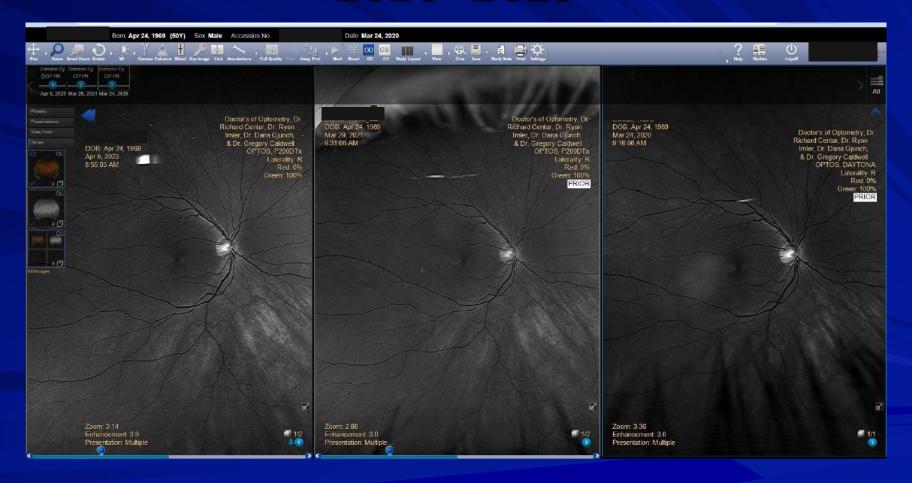
April 5, 2023

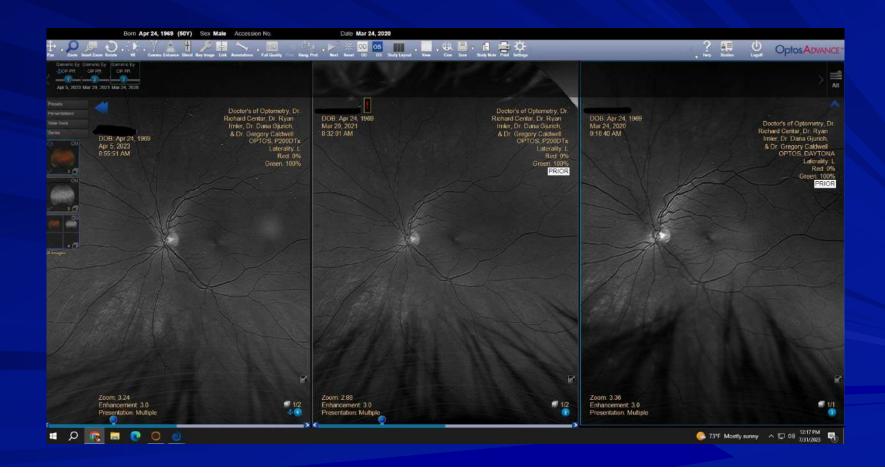




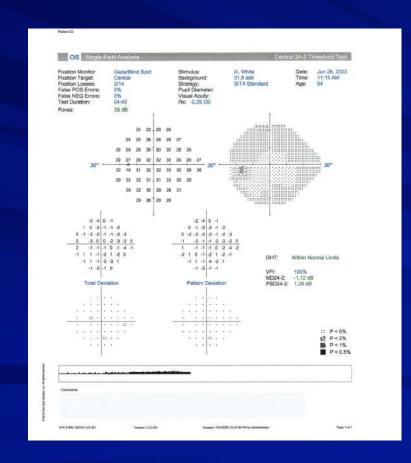


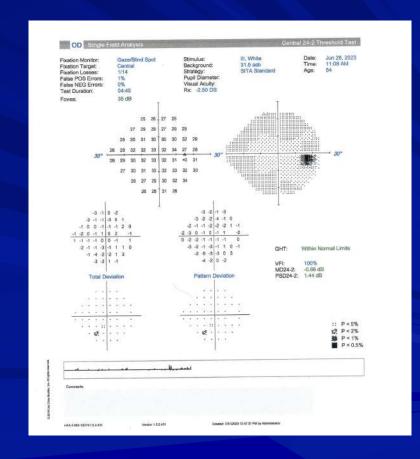
March 29, 2021

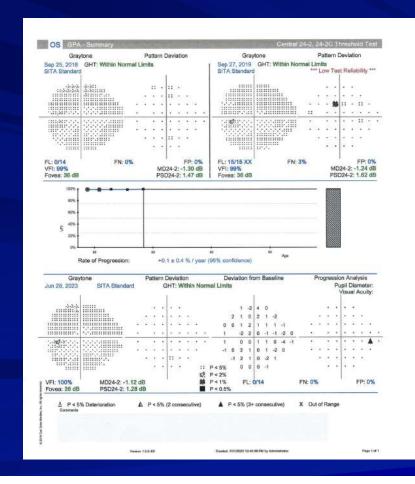


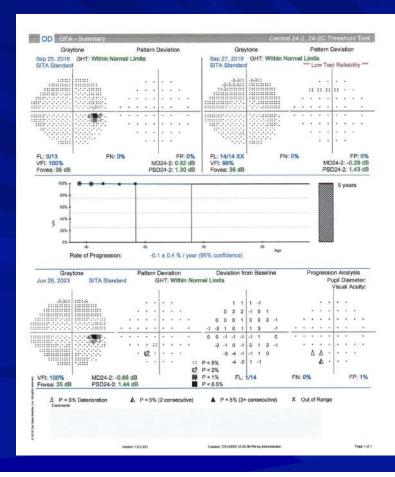


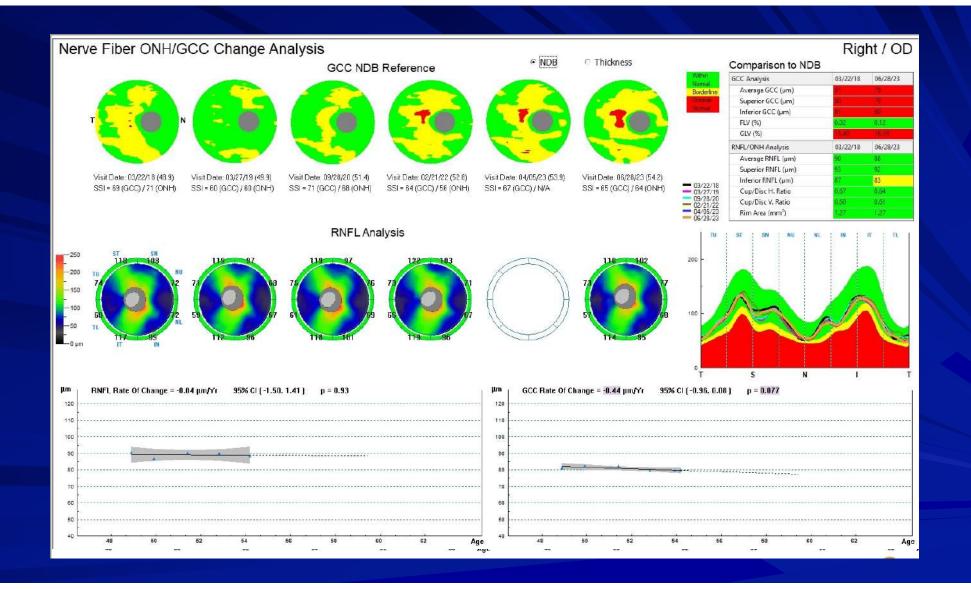
June 28, 2023

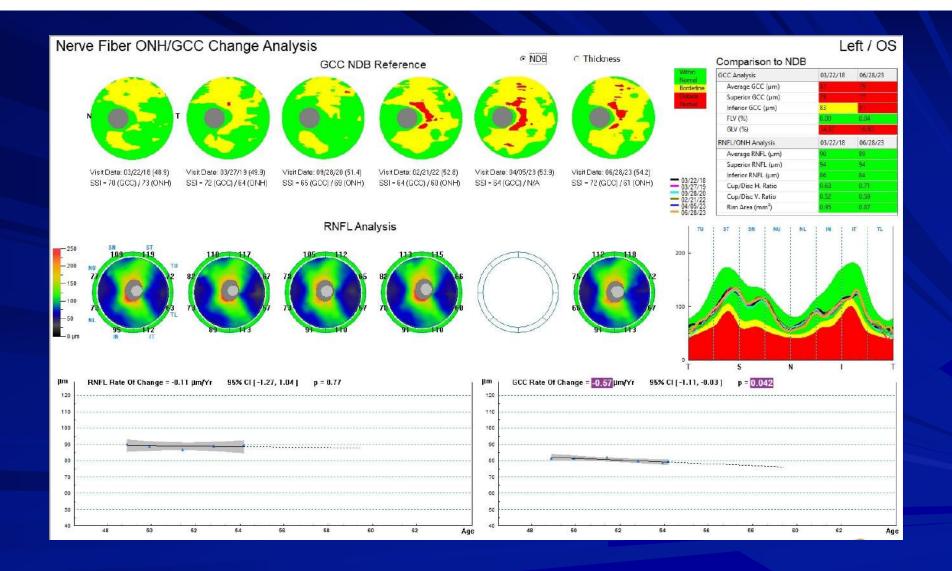


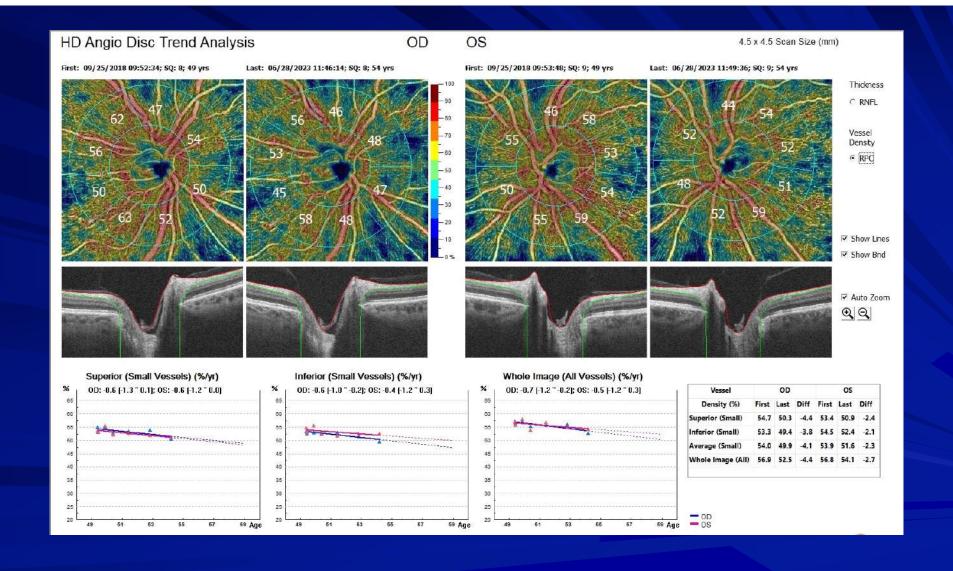


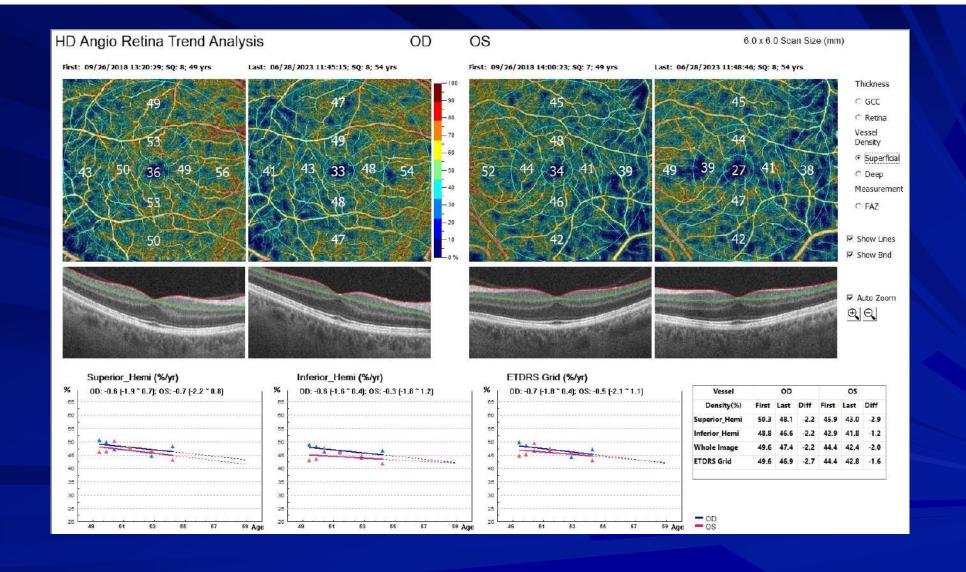


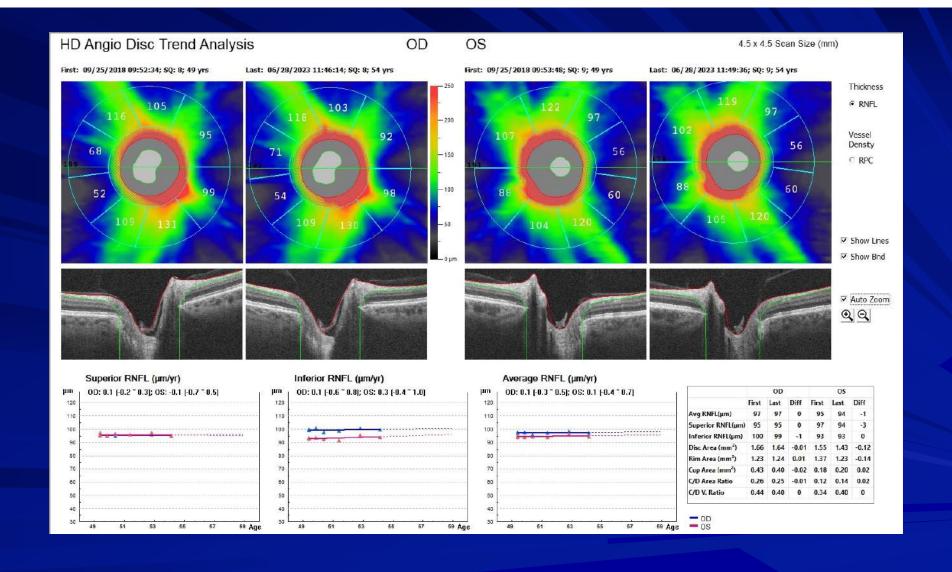


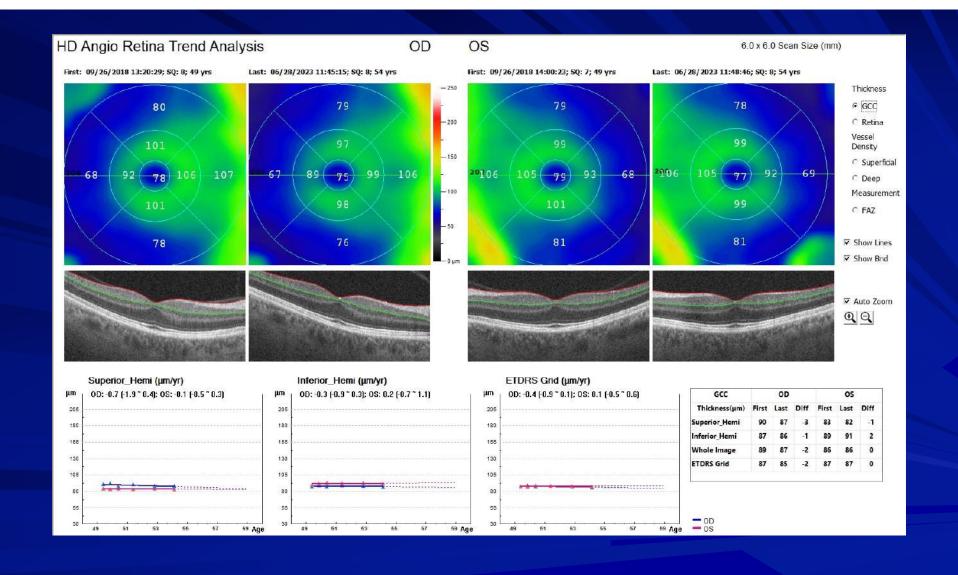












1OPs 38 and 32

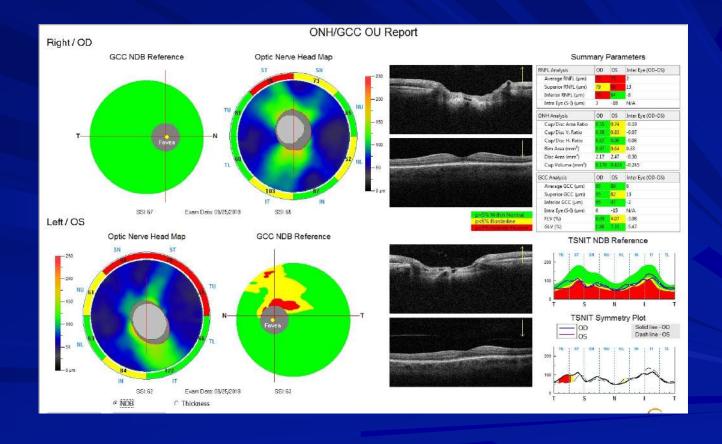
- ← Ocular hypertension versus glaucoma reviewed with patient
- ← OCT results reviewed with patient
- - * RTC in 4 months for IOP ck and Visual Field 24-2 OU

OCT NFL and GCC 9-25-2018

Question

This GCC is most likely

Real Disease or Physiologically Normal



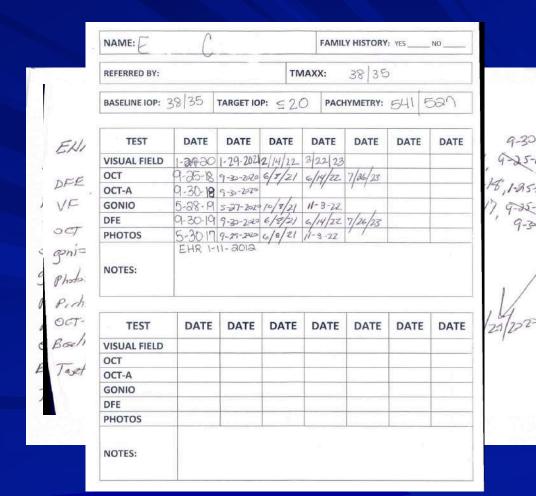
79-year-old man

⇔POAG, OS > OD

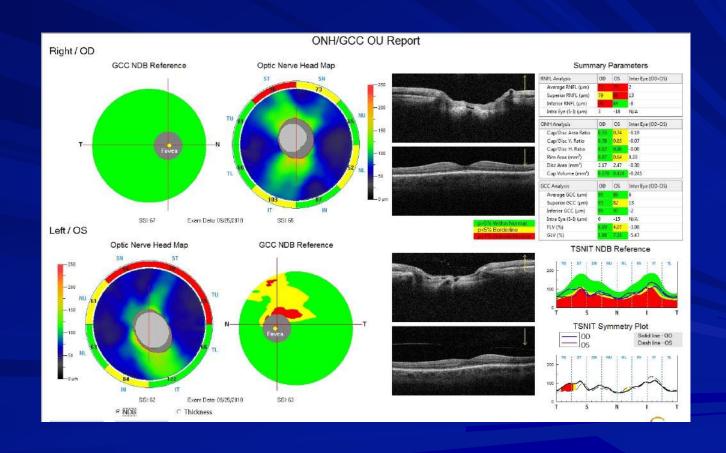
Changed to Cosopt (generic)

* June 2020 due to insurance

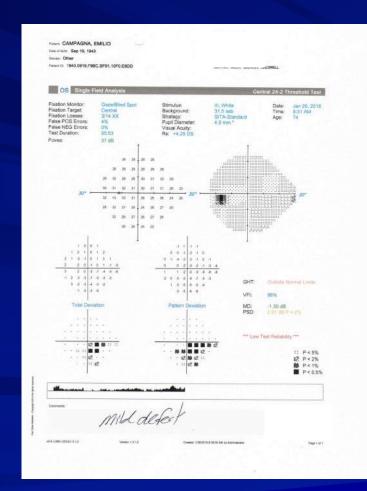
★ Did get

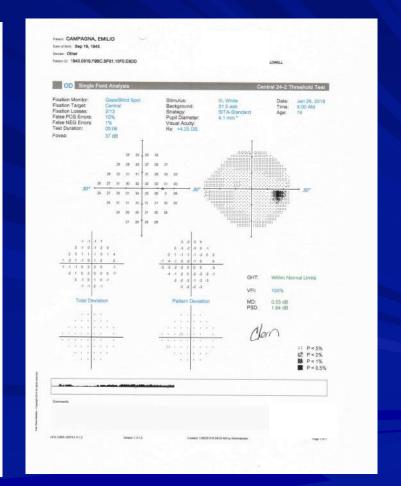


OCT NFL and GCC 9-25-2018

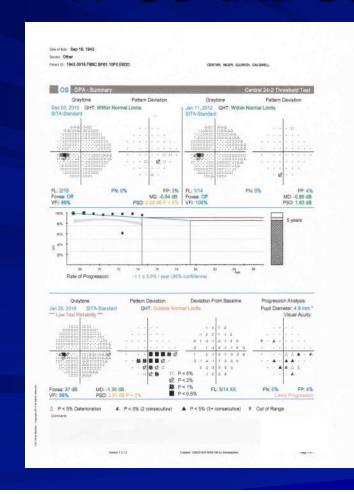


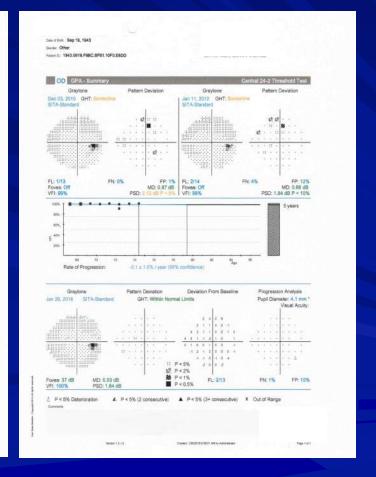
VF OD and OS 1-26-2018



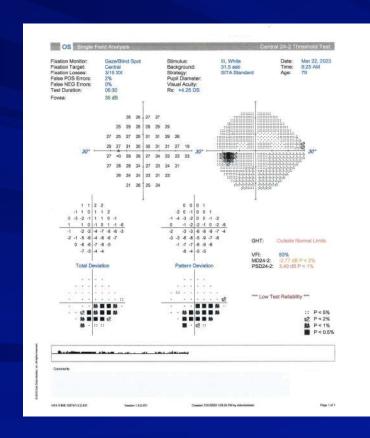


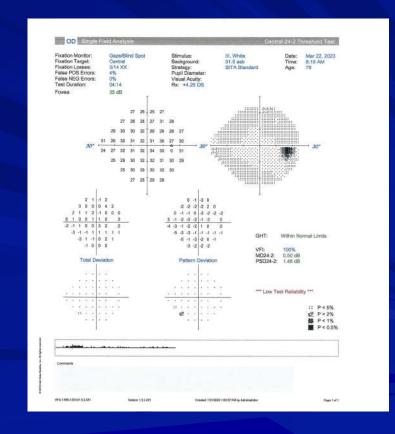
VF OD and OS GPA 1-26-2018



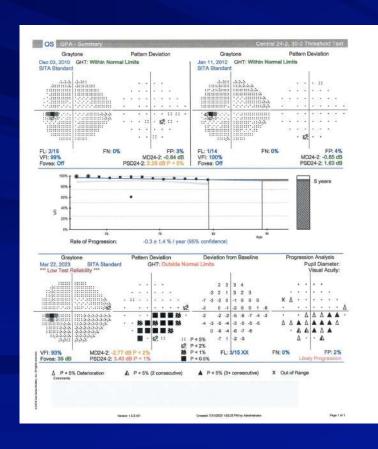


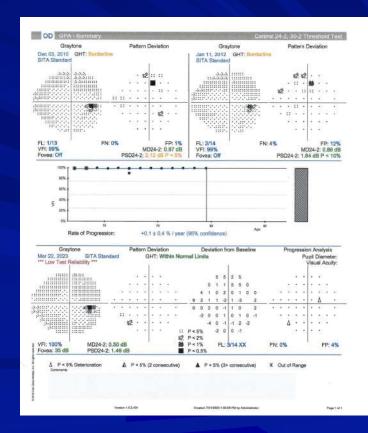
March 22, 2023



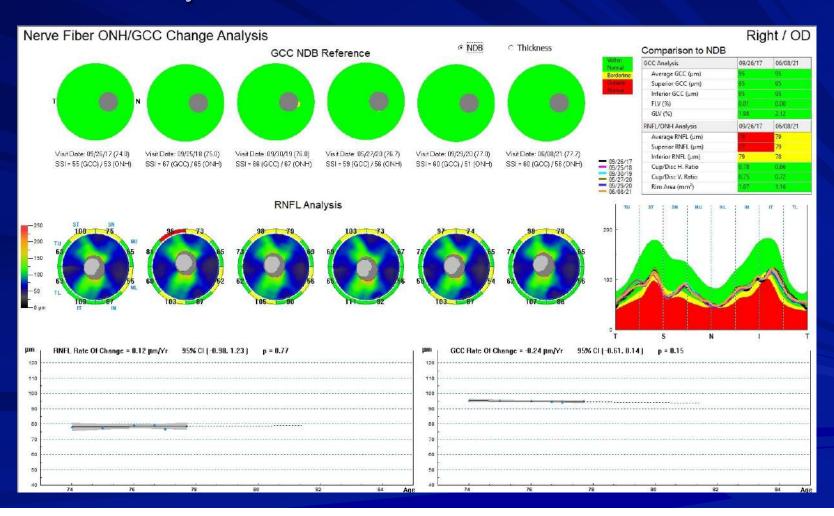


12-03-2010 to 3-22-2023

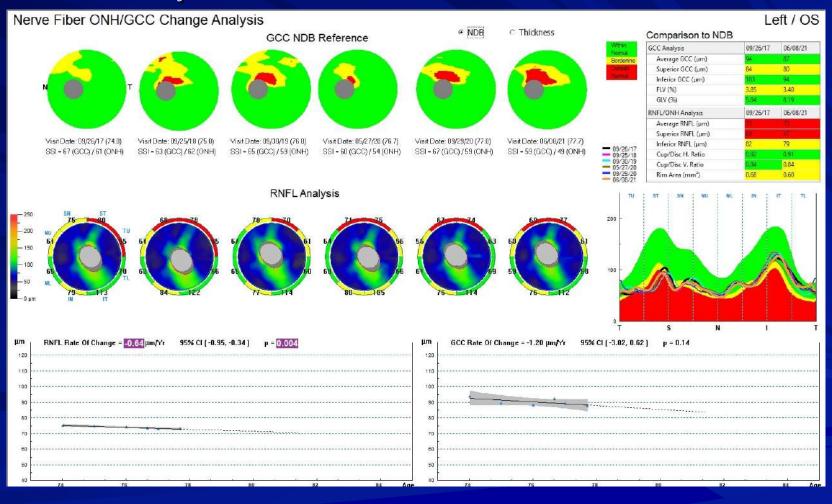




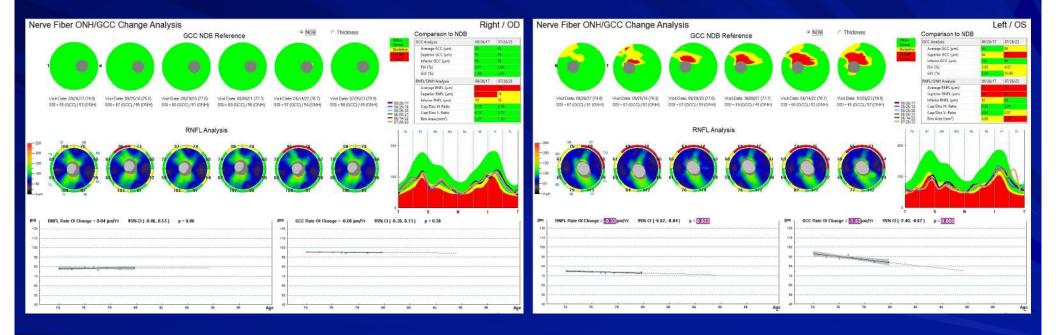
Update 2021- June 8, 2021



Update 2021- June 8, 2021

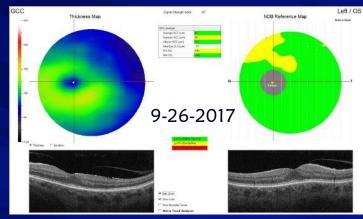


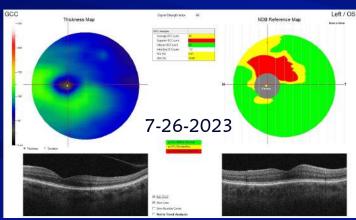
Change Analysis NFL-GCC

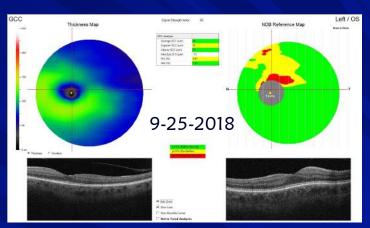


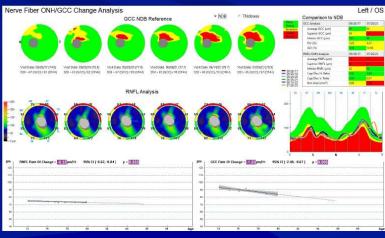
Do you see the OS GCC change? Thoughts?

Thoughts?



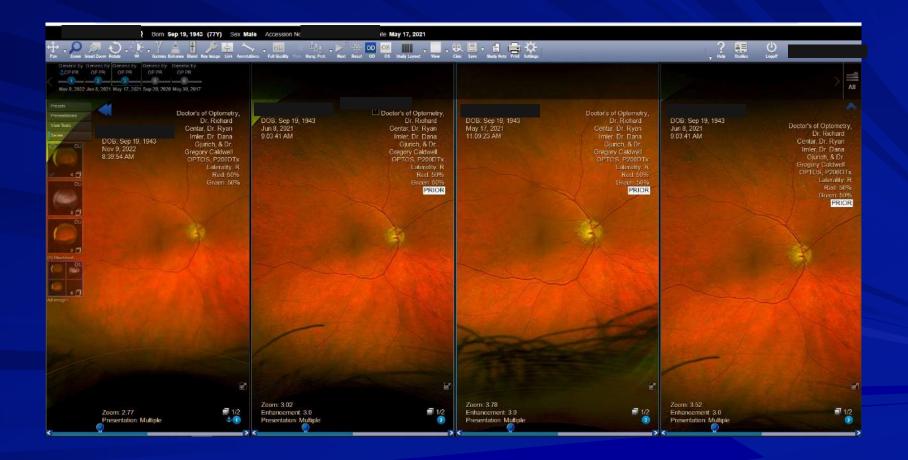


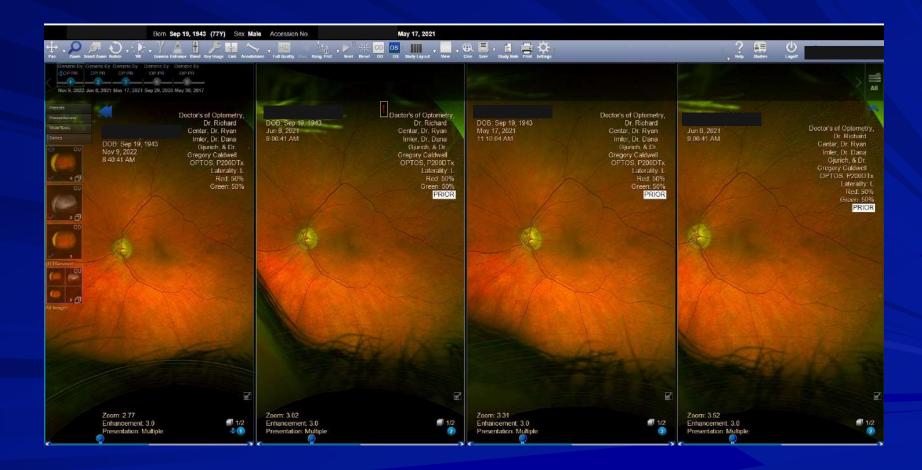




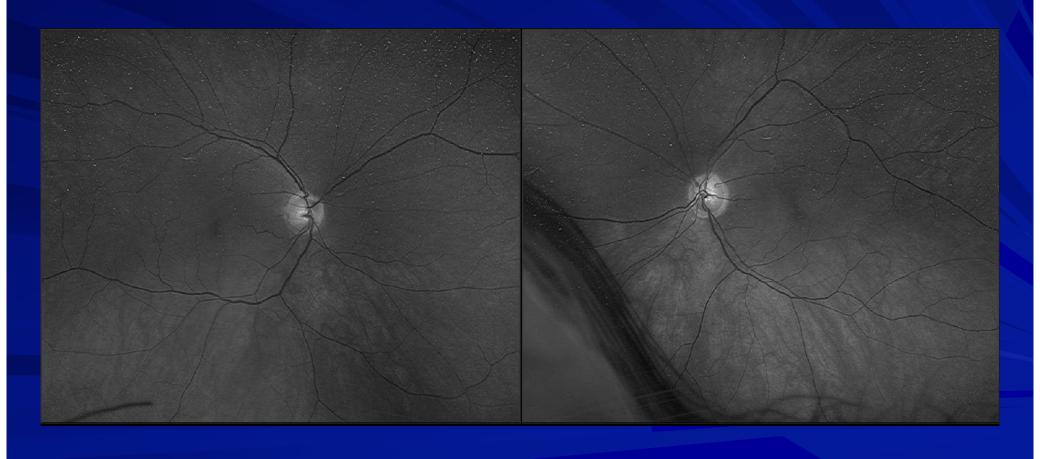








Update 2021- June 8, 2021



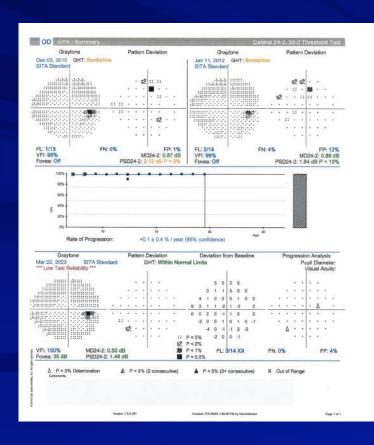
2022 - 2017

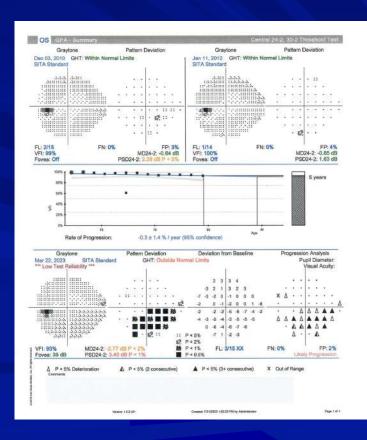


2022 - 2017



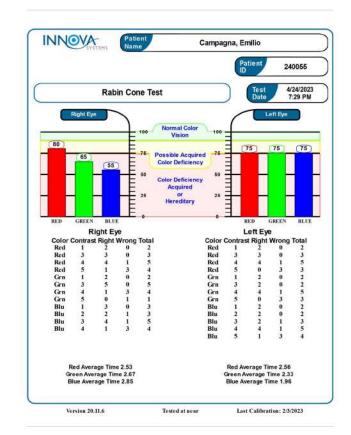
12-03-2010 to 3-22-2023





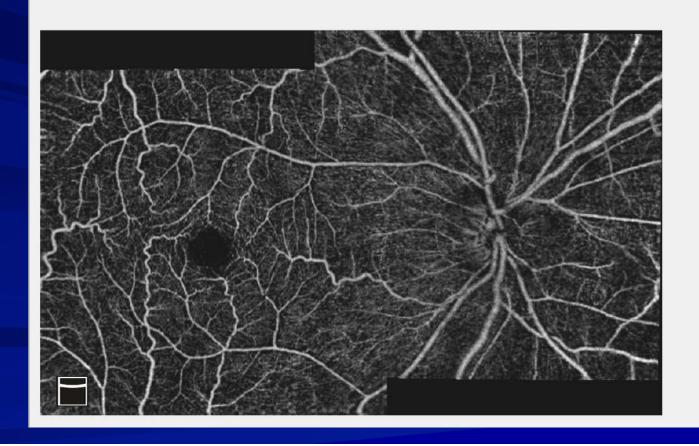
Rabin Color Vision Cataract OD > OS





Montage OD

Angio Montage

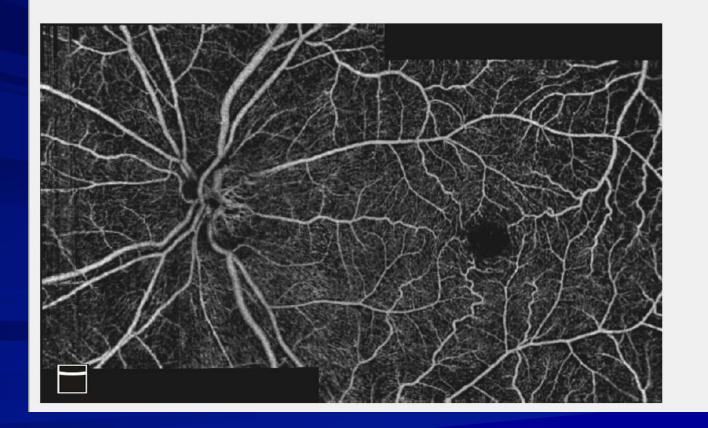


Right / OD Exit OverVue Print Reset View Fedit Montage Display Vitreous/Retina Outer/Choroid Layers: Vitroous Superficial Deep Greyscale Click image to select layer. Use scrollwhool to adjust layer.

Montage OS



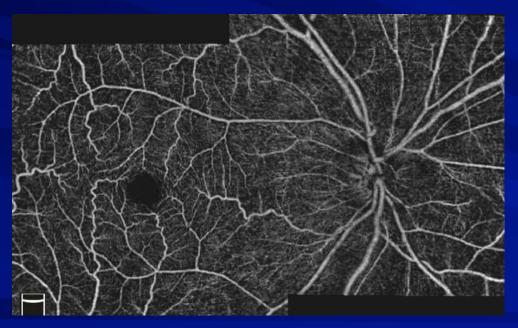
Angio Montage

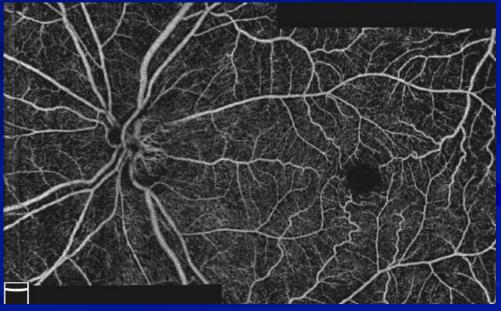


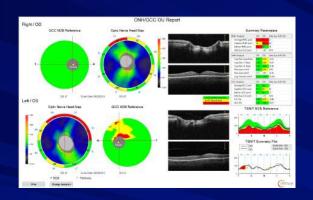
Exit Over/Use Print Reset View Edit Nomage Display Vitreous/Retina Outer/Choroid Layers: Vitreous Superficial Deep Greyscale Click image to select layer. Use scrollwheel

to adjust layer.

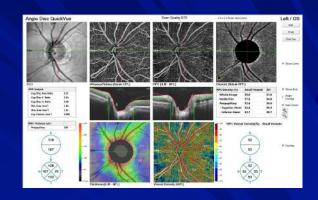
Montage OU

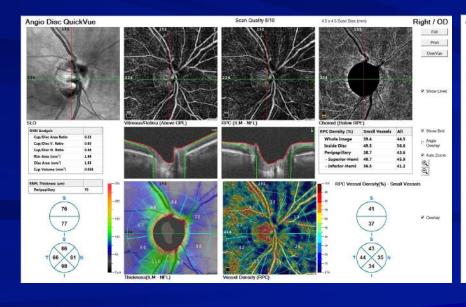


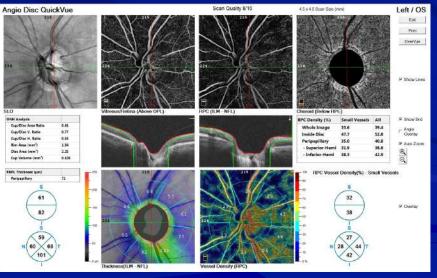




OCT-A 9-25-2018 POAG OS > OD

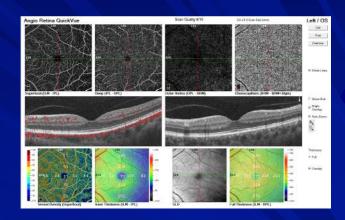


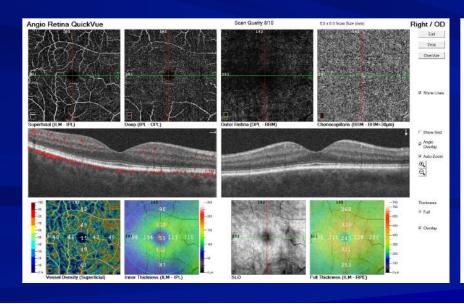


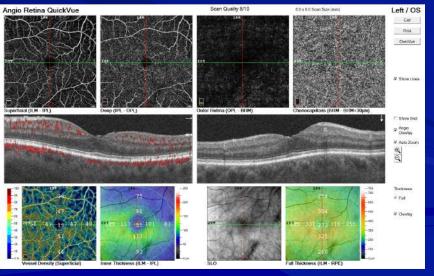


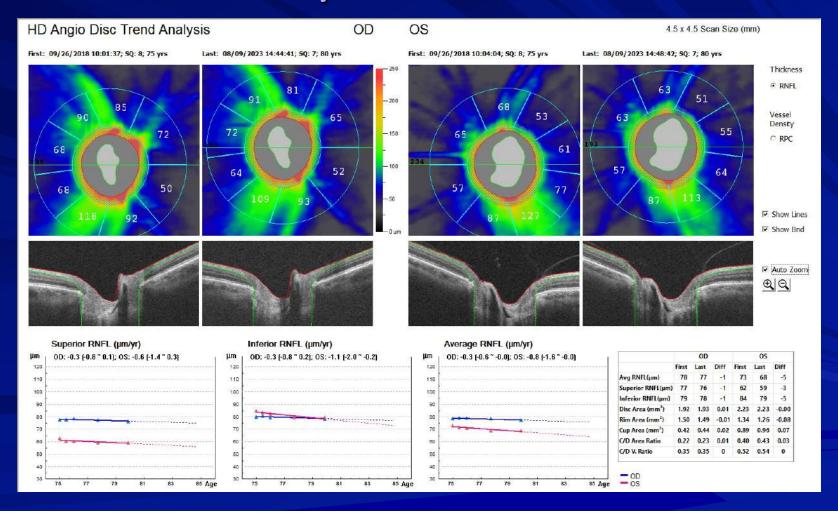
Right / OD CONHOSCO OU Report Control for form that files Control fo

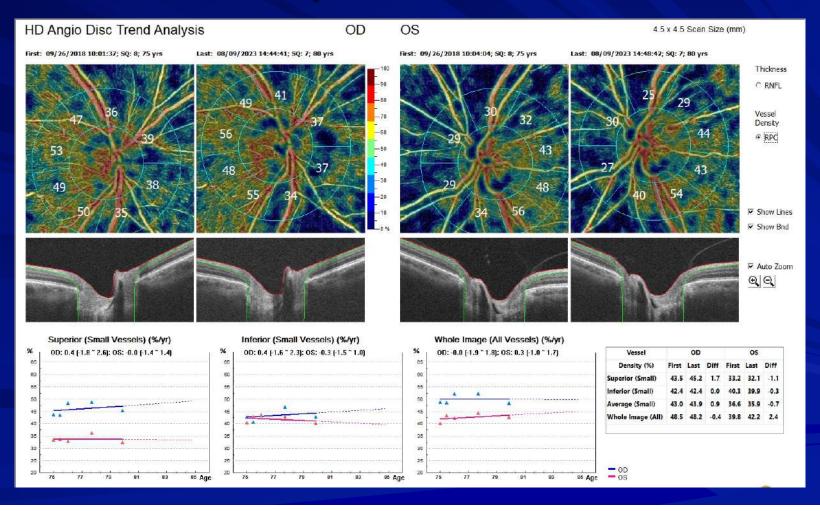
OCT-A 9-25-2018 POAG OS > OD

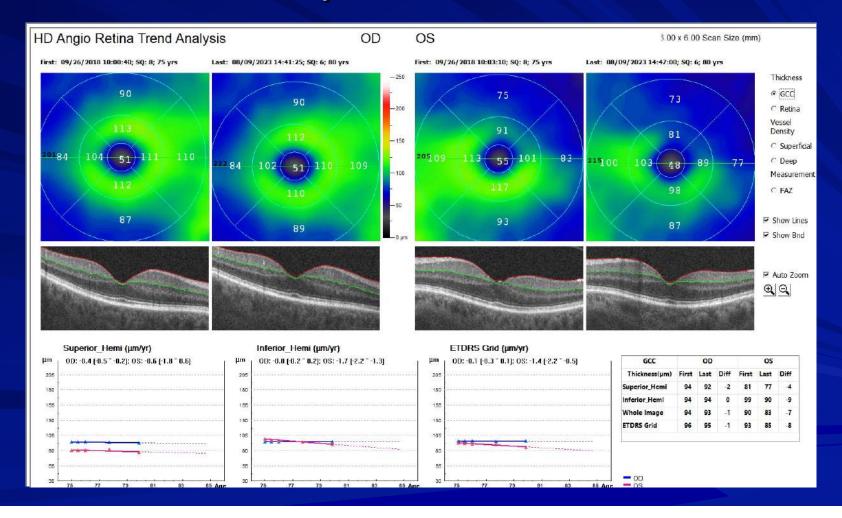


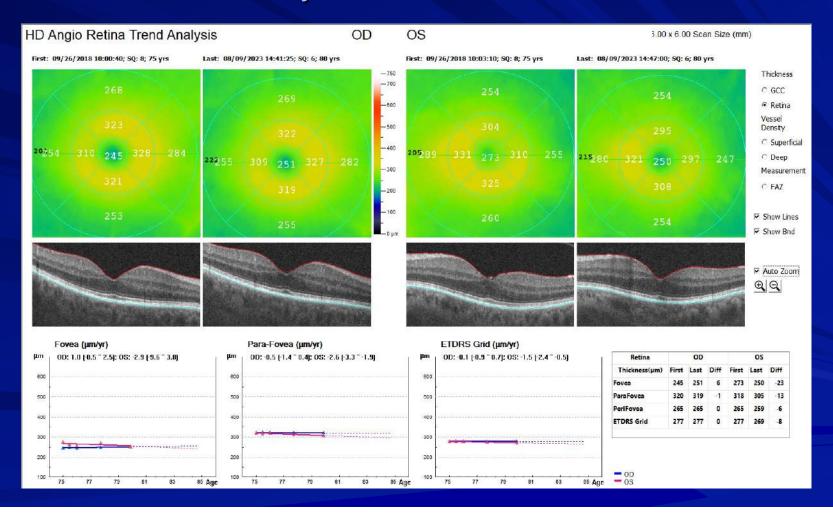


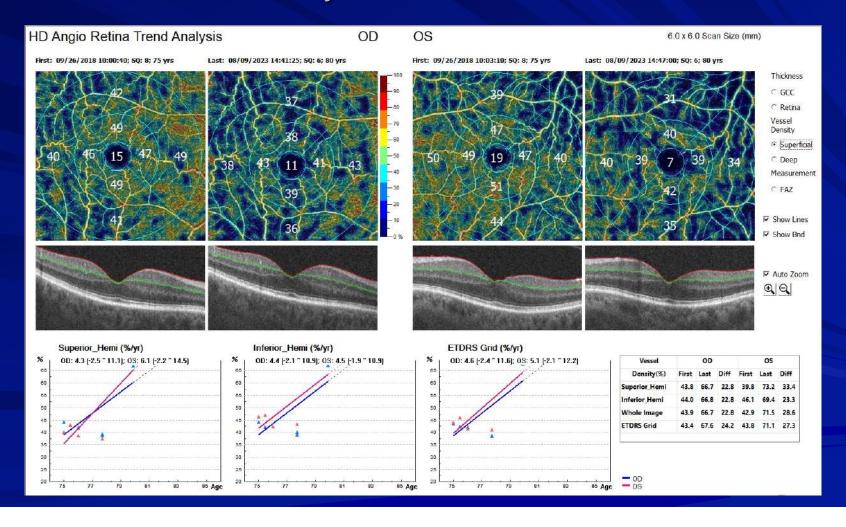


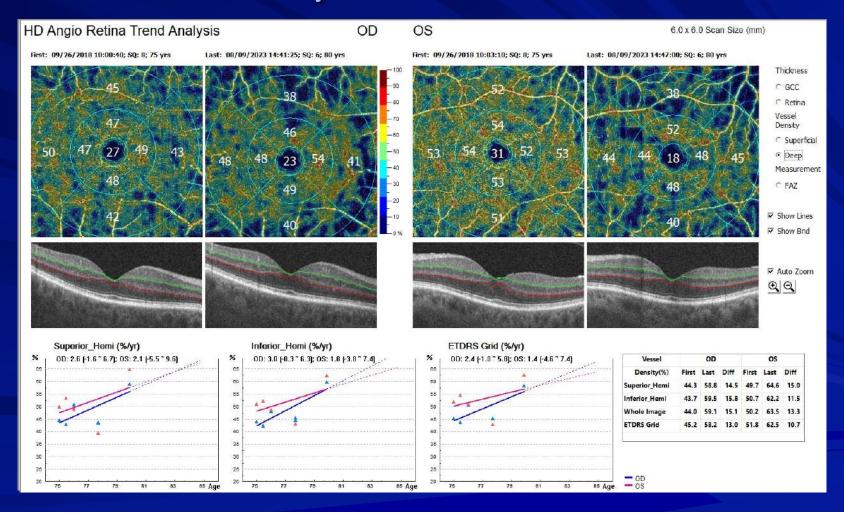














Optometric Education Consultants



Questions and Thank You!

OCT Interpretation

Red, Yellow, and Blue Disease, What is Real Disease, and What is Physiologically Normal?

Greg Caldwell, OD, FAAO

Mackinac Island Northern Escape Optometric Education Consultants Sunday, August 20, 2023

