Intravitreal Injections for Diabetic Macular Oedema

5-YEAR OUTCOMES

Diabetic macular oedema (DMO) is the leading cause of visual loss in patients with diabetes. While the efficacy of intravitreal antiVEGF and steroid agents have been established in several large-scale studies[1], it is important to evaluate how this translates into real-world practise. We present 5-year data following intravitreal therapy for DMO from two district general hospitals in the UK.

AIM

To evaluate 5-year outcomes following intravitreal injections for DMO

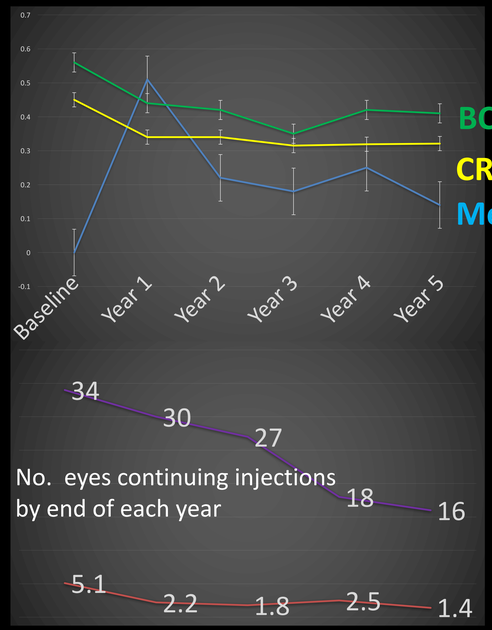
Methods

All eyes receiving intravitreal injections for DMO with at Hampshire Hospitals NHS Foundation Trust, with 5 years' follow-up, were analysed for: best corrected visual acuity (BCVA; EDTRS letters) and central retinal thickness (CRT; micrometres) each year; mean number of injections; number of eyes that stopped requiring injections within 5 years; number of eyes switched to a different agent; complications.



RESULTS

All patients started with ranibizumab monthly for 3m then PRN



BCVA ↑ 7.5 EDTRS letters

CRT ↓ 129µm

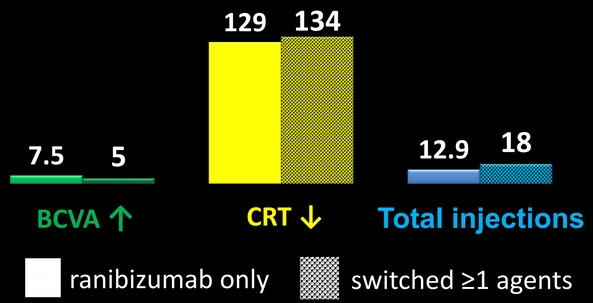
Mean 12.9 injections

42 eyes from 30 patients
mean age 68 : 53% ♂ : 90% T2DM
43% ocular co-morbidities
43% systemic vascular co-morbidities

12 eyes *switched agents* to:
aflibercept (n=5); fluocinolone acetonide (n=1)
or *had >1 switch* to:
aflibercept + fluocinolone acetonide (n=2),
dexamethasone + fluocinolone acetate (n=4)

55% stopped injections <2 years

59% <5years



Conclusions

COMPLICATIONS: transient ↑IOP n=3; rubeotic glaucoma n=2; PDR n=4; BCVA ↓ n=9

Intravitreal therapy for DMO achieved a significant improvement in BCVA and CRT that was maintained over 5 years with low complication rates. 59% were able to stop injections by 5 years. 72.7% required ranibizumab only; of 27.3% who switched agents, more injections were needed but final improvements in BVCA and CRT were comparable.

References: Claudio Furino, Francesco Boscia, Michele Reibaldi, Giovanni Alessio, "Intravitreal Therapy for Diabetic Macular Edema: An Update", *Journal of Ophthalmology*, vol. 2021, Article ID 6654168, 23 pages, 2021. https://doi.org/10.1155/2021/6654168

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