



CYSTOID MACULAR EDEMA (CME)

What is cystoid macular edema?

Cystoid macular edema (CME) is a painless disorder that occurs when abnormal fluid accumulates in the macula. This results in thickening and the presence of cyst-like fluid collections that distort the retina's normal architecture.

CME commonly occurs after surgery, likely related to inflammation. About 1-3% of all cataract surgery patients will experience decreased vision due to CME, usually within a few months of surgery. It can also be caused by other conditions including trauma, retinal vein occlusions and other causes of inflammation of the eye.

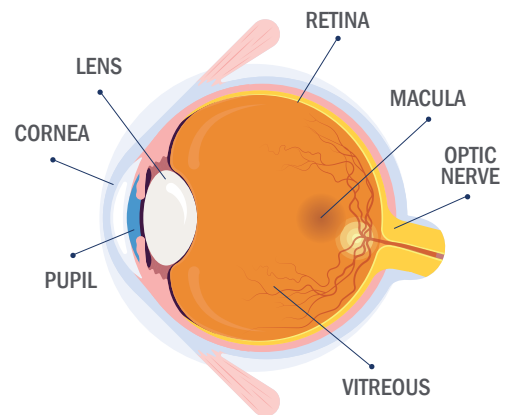
Anatomy of the retina and macula

Light enters the eye and is focused onto the retina, the light-sensing part of the eye. This information is transmitted through the optic nerve to the brain where it is interpreted as the images you see. The macula is the part of the retina responsible for your central vision.

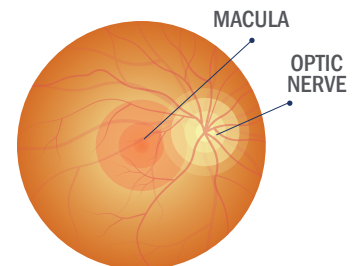
Possible causes of CME

- Eye surgery
- Retinal vein occlusion
- Uveitis (inflammation of the eye)
- Eye trauma
- Side effects of some medications

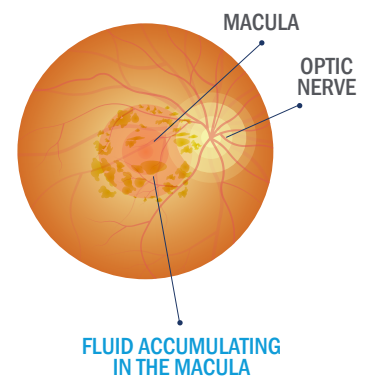
HEALTHY EYE



ANGLED VIEW



AFFECTED EYE



What are the symptoms of CME?

The most common symptom of CME is blurred or distorted vision. Other symptoms may include dim vision or decreased sensitivity to light. Sometimes there are no symptoms.

How is CME diagnosed?

Your ophthalmologist may obtain multiple types of ocular imaging, including photography, **optical coherence tomography (OCT)** and **fluorescein angiography (FA)**, to facilitate diagnosis and treatment.

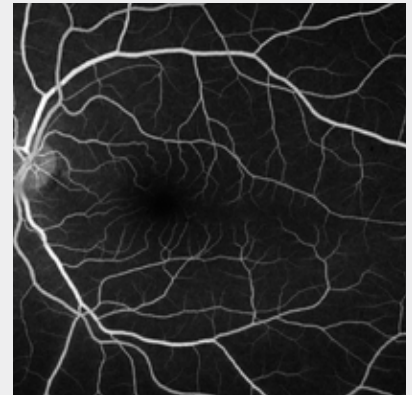
DIABETES, HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL CAN MAKE CME WORSE AND MORE DIFFICULT TO TREAT. THESE CARDIOVASCULAR RISK FACTORS SHOULD BE OPTIMALLY CONTROLLED WITH THE GUIDANCE OF YOUR PRIMARY CARE PHYSICIAN.

Treating CME

Fortunately, most patients with CME can be successfully treated and vision often improves. The healing process can be slow and may take a few months. Depending on the cause of CME, treatment may include the following:

- Steroids or non-steroidal anti-inflammatory medications in the form of eye drops, pills or intravitreal injections
- Intravitreal injections of anti-vascular endothelial growth factor (anti-VEGF) medications
- Laser therapy
- Surgery, such as vitrectomy

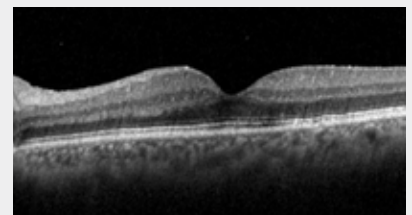
WHAT YOUR DOCTOR SEES



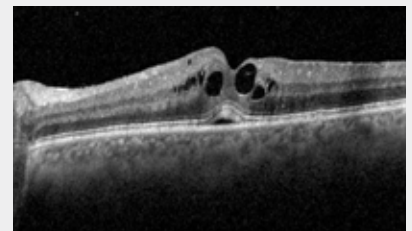
FA showing a normal macula



FA showing CME of the macula



OCT showing a normal macula



OCT showing CME of the macula

