



LATTICE DEGENERATION

What is lattice degeneration?

Lattice degeneration is a thinning of the outer edges of the peripheral retina giving it a 'lattice' appearance, much like lattice work on the side of a house. It can occur in one or both eyes. Alone, it does not affect vision, but it can increase the odds of a retinal tear or detachment. The cause is unknown.

How lattice degeneration affects the eye

Light enters the eye and is focused onto the **retina**, the innermost layer of the wall of the eye that receives and organizes visual information. This information is then transmitted through the **optic nerve** to the brain where it is interpreted as the images you see.

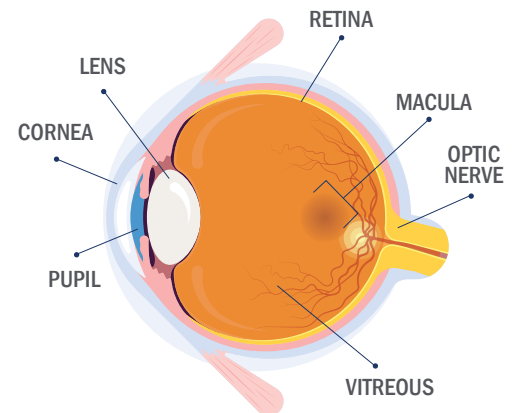
The center of the eye is filled with a jelly-like substance called the **vitreous**. When the vitreous pulls on thinning areas of the retina, it can cause small perforations. Many of the perforations are at low risk of progression—and can be present for life without complication—but larger tears can lead to a **retinal detachment**. Regular eye exams are important to monitor changes.

Risk factors

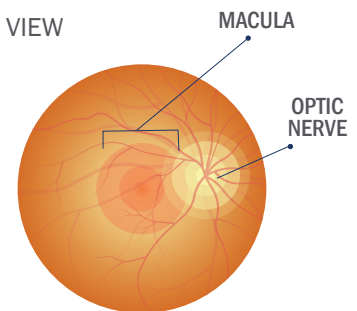
Lattice degeneration affects roughly 6-10% of the population, and can affect people of all ages. It can be more common for individuals with:

- Near-sightedness
- Family history or previous retinal tear or detachment
- Blood in the eye; location and extent
- Systemic retinal disease

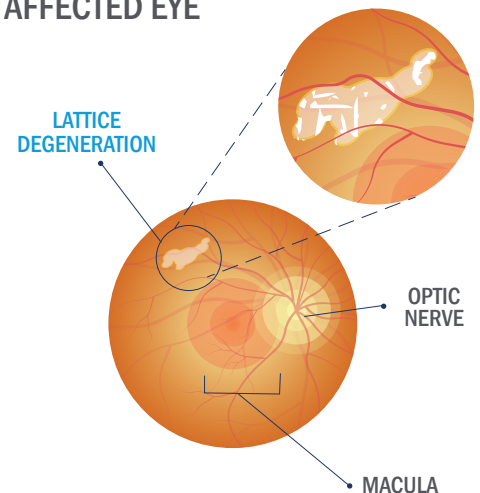
HEALTHY EYE



ANGLED VIEW



AFFECTED EYE



Symptoms that require attention

On its own, lattice degeneration does not cause changes in your vision, but it may increase the risk of a retinal tear or detachment. While fewer than 1% of eyes with lattice degeneration will develop a retinal detachment, about 20-30% of retinal detachments are associated with lattice degeneration.

See an eye care professional immediately if you experience any of the following as they may signal a tear or detachment:

- Blurred vision
- Flashes or floaters in your vision
- The sensation of a curtain or shade obscuring part of your peripheral visual field

Examination and diagnostic testing

Because lattice degeneration itself does not cause symptoms, the only way to diagnose it is with regular dilated eye exams. For this exam, your eye doctor uses drops in your eyes to expand the pupil so that the retina can be carefully evaluated.

Treating lattice degeneration

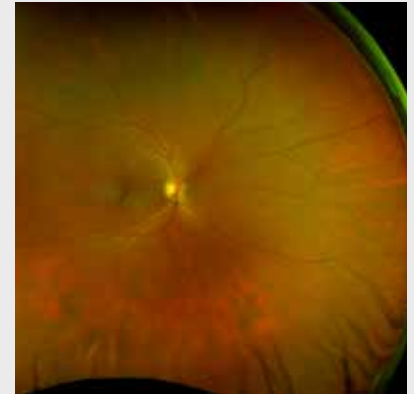
Lattice degeneration can progress in the affected eye, and can change, but typically does not disappear. Lower risk lattice can be closely monitored with regular dilated eye exams. In some high-risk cases, your doctor may recommend preventative laser treatment. Performed in the clinic, this laser treatment makes an adhesion in the retina to ‘tack down’ the lattice, helping to prevent it from progressing to a retinal tear or detachment.

IF YOU ARE DIAGNOSED WITH LATTICE DEGENERATION, THE MOST IMPORTANT THINGS YOU CAN DO TO PROTECT THE HEALTH OF YOUR EYES ARE TO VISIT YOUR EYE CARE PROVIDER REGULARLY AND CONTACT THEM IMMEDIATELY IF YOU EXPERIENCE NEW FLASHES, FLOATERS, OR THE SENSATION OF A CURTAIN OR SHADE OBSCURING YOUR VISION.

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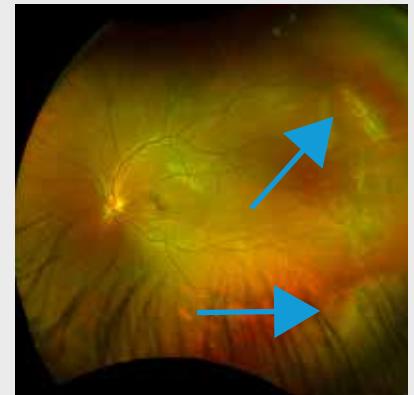
WHAT YOUR DOCTOR SEES

Healthy Eye



Normal retina

Eye with Lattice Degeneration



Areas of thinning shown in the peripheral retina



Retina
Consultants
of Texas



RCA
Research