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BIOGRAPHY

Gaurav Arora is a vitreo-retinal consultant and regional medical head at Dr. Agarwal's Eye Hospital, Hyderabad. He has vast experience in diagnosis and management of various retinal conditions. He has skill, proficiency & experience of managing vitreoretinal conditions, with expertise in Phacoemulsification surgeries. He has special expertise in sutureless Glued IOL technique. He has extensive experience of managing diabetic retinopathies, vasculopathies, retinal holes and breaks etc. He has presented many papers and videos at national level. He has worked with Dr Lipshitz (Israel) for the unique Mirror Telescopic Intraocular (MTI) lens study. He has also participated as an Ophthalmologist in WHO- N.P.C.B's rapid assessment of Trachoma survey and as an Epidemiologist in the N.P.C.B's rapid assessment of avoidable blindness survey in 2006. His current area of interest is research in macular pathologies.

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HAS ANTI-VEGF TAMED NAMD?

Neovascular Age related Macular Degeneration (neovascular AMD) is a chronic, complex disease driven by multiple pathogenic mechanisms. Upregulation of vascular endothelial growth factor (VEGF) is a well-documented pathogenic mechanism in neovascular AMD. VEGF is released by Retinal Pigment Epithelium (RPE) as a stress signal and hypoxia that initiates a cascade of angiogenic responses at the choroidal endothelium level. This increases vessel permeability (causing fluid leakage) and promotes the growth of abnormal blood vessels (neovascularization) under and/or within the retina.

Anti-VEGF therapy can yield excellent visual outcomes by selectively binding to or deactivating the transmission of VEGF and causing rapid resorption of sub-retinal fluid. Keeping the retina dry seems to be important to achieve these best outcomes. However, despite optimal Anti-VEGF therapy, vision may decline in the long-term because it may lead to more retinal atrophy.

This research is a systematic review of the effect of Anti-vascular endothelial growth factor therapy in neovascular AMD. It covers the various aspects of treatment protocol in neovascular AMD by comparing fixed with flexible treatment approaches. A formal search of Embase, Cochrane and Medline were performed for consistent and well-documented long-term visual outcome of anti-VEGF in neovascular AMD. Different treatment regimens were investigated. Studies were reviewed independently for methodology, inclusion and exclusion criteria and endpoints. Benefit/risk ratio of treatment is a key consideration in treatment of neovascular AMD.

It can be concluded by the research that flexible dosing regimens allow personalized therapy, avoid over- or under-treatment and facilitate the maintenance of optimal outcomes whilst minimizing treatment burden.