

# Choroidal Neovascularization: A Comprehensive Guide for Healthcare Professionals

Choroidal neovascularization (CNV) is a serious eye condition that occurs when new blood vessels grow beneath the retina. This can lead to vision loss, and in severe cases, blindness. CNV is most commonly associated with age-related macular degeneration (AMD), but it can also occur as a result of other conditions, such as diabetes, hypertension, and trauma.

## Causes

The exact cause of CNV is unknown, but it is thought to be related to a combination of factors, including:



### Choroidal Neovascularization by Kelly Harms

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\* Age: CNV is most common in people over the age of 50. \* Genetics: Some people are more likely to develop CNV than others. \* Certain medical conditions: CNV is more common in people with diabetes, hypertension,

and other cardiovascular diseases. \* Smoking: Smoking is a major risk factor for CNV. \* Trauma: CNV can occur as a result of eye trauma.

## **Symptoms**

The most common symptom of CNV is blurred vision. Other symptoms may include:

- \* Floaters
- \* Straight lines appearing wavy
- \* Dark spots in the central vision
- \* Loss of vision in the central vision

## **Diagnosis**

CNV is diagnosed based on a comprehensive eye examination. Your doctor will use a variety of tests to evaluate your vision, including:

- \* Visual acuity test
- \* Amsler grid test
- \* Fundus exam
- \* Fluorescein angiography
- \* Optical coherence tomography (OCT)

## **Treatment**

The goal of treatment for CNV is to stop the growth of new blood vessels and prevent further vision loss. There are a number of different treatment options available, including:

- \* Anti-VEGF injections: These injections are used to block the growth of new blood vessels.
- \* Laser therapy: This treatment uses a laser to seal off leaking blood vessels.
- \* Photodynamic therapy (PDT): This treatment uses a light-activated drug to destroy abnormal blood vessels.
- \* Surgery: Surgery may be necessary to remove blood vessels that are causing vision loss.

The best treatment option for you will depend on the severity of your CNV and your overall health.

## Prognosis

The prognosis for CNV varies depending on the severity of the condition and the underlying cause. With early diagnosis and treatment, most people with CNV can maintain good vision. However, some people may experience significant vision loss.

## Prevention

There is no sure way to prevent CNV, but there are a number of things you can do to reduce your risk, including:

\* Quit smoking \* Control your blood pressure \* Manage your diabetes \* Eat a healthy diet \* Exercise regularly \* Get regular eye exams

CNV is a serious eye condition that can lead to vision loss. However, with early diagnosis and treatment, most people with CNV can maintain good vision. If you are experiencing any of the symptoms of CNV, it is important to see your doctor right away.



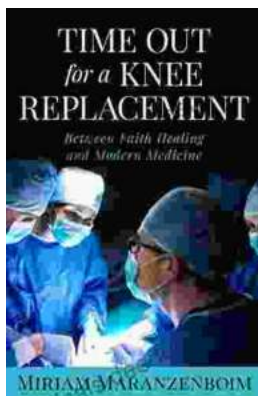
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