

Understanding Choroidal Folds of the eye

What are Choroidal Folds?

Choroidal folds are undulations or wrinkles in the choroid, the vascular layer of the eye lying between the retina and the sclera. These folds can affect the overlying retinal pigment epithelium and the sensory retina.

Causes of Choroidal Folds:

Choroidal folds can be caused by various conditions, including but not limited to:

- Idiopathic – No cause found – is commonest
- Intraocular tumours or growths
- Inflammation (choroiditis)
- Hyperopia (farsightedness)
- Hypotony (low intraocular pressure)
- Orbital diseases, such as thyroid eye disease
- Posterior scleritis (inflammation of the white outer layer at the back of the eye)

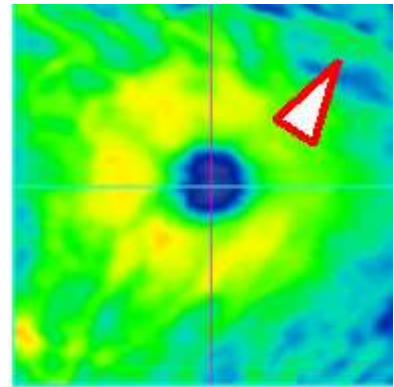


Figure 1 Folds best seen on Enface OCT

Symptoms:

Many patients with choroidal folds do not experience symptoms. When symptoms do occur, they may include:

- Distorted vision (metamorphopsia)
- Blurred vision
- Slight changes in prescription for glasses

Diagnosis:

Diagnosis of choroidal folds typically involves:

- A comprehensive eye examination
- Imaging studies like Optical Coherence Tomography (OCT), Fundus photography, and B-scan ultrasonography
- Occasionally, Fluorescein angiography or Indocyanine green angiography

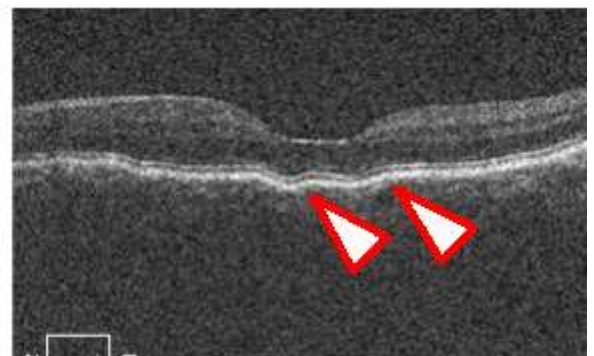


Figure 2 Cross section shows these ripples

Treatment:

Treatment of choroidal folds focuses on addressing the underlying cause. Options may include:

- Monitoring if the folds are not affecting vision significantly and there's no underlying pathology
- Medical treatment for inflammatory conditions
- Surgery for intraocular tumours or orbital diseases, if necessary

Prognosis:

The outlook depends on the underlying cause. In many cases, treating the underlying condition can lead to the resolution of choroidal folds.

When to Contact Your Doctor:

If you experience any changes in your vision, or if you have been diagnosed with a condition that could lead to choroidal folds, regular follow-up with your eye care provider is important.

Remember:

- Choroidal folds can be a sign of an underlying condition.
- Regular eye examinations are crucial for monitoring and early detection.
- Treatment and prognosis depend on the specific cause of the choroidal folds.

Please note that this handout is for educational purposes and is not a substitute for professional medical advice. Always consult with a healthcare provider for personal medical concerns.