Abstract 48

NAVIGATING THE STORM: A POSTPARTUM DIABETIC RETINOPATHY CHALLENGE

Pessoa B.*

Centro Hospitalar Universitário do Porto - Hospital de Santo António ~ Porto ~ Portugal

The relevance of the case lies in the aggressive progression of the clinical picture and the potential controversy associated with the therapeutic choice made, given the surgical challenge of a Tractional Diabetic Retinal Detachment in a postpartum type 1 diabetic woman.

The described clinical case involves a 24-year-old woman with type 1 diabetes mellitus since the age of 13, who was evaluated in an ophthalmology consultation one month postpartum. The delivery was induced at 33 weeks due to pre-eclampsia. The ophthalmological examination revealed a corrected visual acuity of 0.8, and fundus examination under dilation showed moderate non-proliferative diabetic retinopathy, corroborated by wide-field retinography. Fluorescein angiography performed at the same time revealed significant peripheral ischemia. After missing follow-up appointments, she returned to the ophthalmology consultation eleven months later, reporting a progressive yet rapidly evolving decrease in visual acuity (0.4). Examination revealed a nasal tractional retinal detachment with papillary and temporal area outside the arcades involvement, in the context of advanced diabetic eye disease.
She was then treated to an intravitreal injection of 2 mg aflibercept, and four days later, underwent pars plana vitrectomy with segmentation - delamination of the epi-retinal fibrovascular tissue, peeling of the internal limiting membrane, 360-degree endolaser, and SF6 tamponade.

At the 4rd month follow-up, she was evolving favourably with the retina fully reattached.

Treating diabetic retinopathy is a difficult and complex task that involves challenging decisions, as multiple factors influence the outcome of therapeutic action and the critical decision for timely and proper staging to avoid delay in treatment, the most obvious cause of therapeutic failure. Intervention at the level of systemic factors is crucial to the success of any therapeutic proposals.

José Henriques; Bernardete Pessoa; João Figueira; João Nascimento; João Coelho; André Ferreira; Luís Gonçalves; Marco Medeiros; Paulo Rosa; Rufino Silva; Ângela Carneiro. RETINOPATIA DIABÉTICA - orientações clínicas do Grupo de Estudos de Retina de Portugal e GPRV 2023. Oftalmologia. 2023;47