Clinical Characteristics of Acute Retinal Pigment Epitheliitis: Case Series

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Introduction

Acute retinal pigment epitheliitis (ARPE)
- ARPE is a benign and self-limited macular disorder affecting healthy young adults.
- Patients present with blurred vision or central scotoma which usually resolve without treatment, within a few weeks.
- Most patients are affected unilaterally although a few bilateral yet asymmetrically.
- No pigment epithelial detachment (PED), retinal edema or vitritis is observed.

Funduscopy and Fluorescein angiography

- Retrospective chart review of 16 eyes of 16 patients diagnosed with acute retinal pigment epitheliitis was done.
- Medical records, fundus photo, time-domain OCT findings and fluorescein angiography (FAG) findings were reviewed.

Methods

- Optical coherence tomography (OCT)

    - Time-domain OCT (Fig. A) and spectral-domain OCT (Fig. B) showed blurring and focal discontinuation of the highly reflective bands of the outer retina: inner segment-outer segment junction and inner band of the retinal pigment epithelium.

Results

- Case report 3

    - OCT images of the right eye of the patient were obtained.
    - OCT showed abnormal hyperreflectivity involving the outer retina.
    - OCT findings were consistent with ARPE.

Case reports

- Case report 4

    - OCT images of the right eye of the patient were obtained.
    - OCT showed abnormal hyperreflectivity involving the outer retina.
    - OCT findings were consistent with ARPE.

Case report 5

- OCT images of the right eye of the patient were obtained.
- OCT showed abnormal hyperreflectivity involving the outer retina.
- OCT findings were consistent with ARPE.

Discussion

- Acute retinal pigment epitheliitis is an infrequent macular disorder in young adults with symptoms of metamorphopsia or central scotoma and signs of RPE change with window defect of FAG.
- Differential diagnosis is important because of the good prognosis without treatment.