

Multiple Evanescent White Dot Syndrome: A Case Report

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Clinical Image

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CLINICAL IMAGE

Multiple evanescent white dot syndrome (MEWDS) is an uncommon chorioretinopathy that usually affects healthy young women. We report the case of a young woman with unilateral multiple evanescent white dot syndrome.

A healthy thirty-year-old woman with no medical history presented to the emergency clinic for an acute blurred vision and the perception of flickering flashes of her left eye. The best-corrected visual acuity was 20/200 and fundus examination showed white dots in all four retinal quadrants (Fig 1). Fluorescein angiography revealed early punctate crown-like hyperfluorescence and late scattering in areas corresponding to the white spots (Fig 2). The MEWDS lesions usually resolved spontaneously without progressing to chorioretinal scarring.

Multiple evanescent white dot syndrome is an inflammatory condition, usually seen in young patients.

Symptoms may include a prodromal flu-like episode, photopsia, scotoma, and visual impairment. Diagnosis is primarily based on slit-lamp examination which reveals mild vitreous cells and multiple white granular lesions measuring 100-200 µm throughout the central retina. Fluorescein angiography, electrodiagnostic testing, visual fields, and optical coherence tomography can help confirm the diagnosis. Typically, the clinical course of the disease is self-limited, with spontaneous resolution of symptoms, excellent visual recovery within months, but the granularity of the foveal retinal pigment epithelium might remain. No treatment is recommended.

Multiple evanescent white dot syndrome (MEWDS) is a rare, self-limited disorder of the outer retina. Diagnosis should be considered in patients with typical retinal signs of MEWDS, regardless of age. The long-term prognosis of the disease is excellent with complete visual recovery.

FIGURES

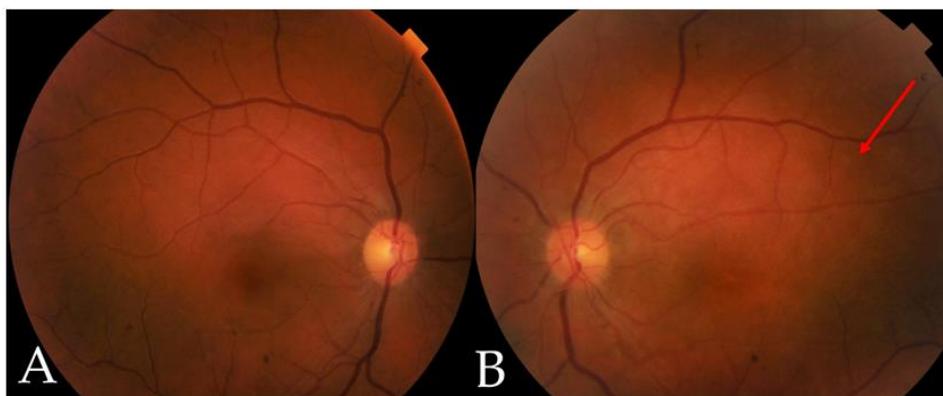


Fig 1: (A) Fundus photographs of the right eye, (B) discrete white dots in all four quadrants of the mid-peripheral retina (red arrow)



Fig 2: (C) Normal Fluorescein Angiography of the right eye (D) Fluorescein angiography revealed early punctate hyperfluorescence in a wreath-like pattern and late staining in areas corresponding to the white dots

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