

Očesna plastična kirurgija, Thursday, May 15 2025, 18:00-19:00

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Chairs: Gregor Hawlina and Levin Vrhovec

OR-019

Algorithm for the management of patients with dysthyroid optic neuropathy

Janez Bregar¹, Gregor Hawlina¹, Imre Boršoš², Polona Jaki Mekjavić¹

¹Očesna klinika, Univerzitetni klinični center (UKC) Ljubljana, Slovenia

²Klinika za otorinolaringologijo in cervikofacialno kirurgijo, Univerzitetni klinični center (UKC) Ljubljana, Slovenia

PURPOSE: To present a proposed algorithm for the management of patients with dysthyroid optic neuropathy (DON), based on the guidelines of the European Group on Graves' Orbitopathy (EUGOGO).

METHODS: We analyzed two clinical cases of DON that were managed according to the 2021 EUGOGO guidelines. Based on this analysis and a review of the literature, we developed a patient management algorithm for DON adapted to our clinical setting.

RESULTS: Both patients initially received medical treatment with intravenous glucocorticoids, followed by surgical (endoscopic) orbital decompression. In both cases, clinical improvement was observed throughout the course of treatment. The proposed algorithm includes an assessment of disease activity and severity, risk factor management, appropriate therapy selection, and monitoring of treatment response. The treatment initially includes medical decompression, followed by surgical orbital decompression if the primary treatment is unsuccessful. Medial decompression is crucial, while lateral decompression can be performed additionally in selected cases.

CONCLUSION: Adequate and timely management of DON is crucial for preventing permanent vision loss. The proposed algorithm, based on the 2021 EUGOGO guidelines, provides a structured approach to the diagnosis and treatment of DON and can serve as a practical tool for ophthalmologists in the management of patients with thyroid orbitopathy.

Algoritem za obravnavo bolnikov z distiroidno optično nevropatijo

Janez Bregar¹, Gregor Hawlina¹, Imre Boršoš², Polona Jaki Mekjavić¹

¹Očesna klinika, Univerzitetni klinični center (UKC) Ljubljana, Slovenia

²Klinika za otorinolaringologijo in cervikofacialno kirurgijo, Univerzitetni klinični center (UKC) Ljubljana, Slovenia

NAMEN: Predstaviti predlog algoritma za obravnavo pacientov z distiroidno optično nevropatijo (DON), ki temelji na smernicah Evropske skupine za ščitnično orbitopatijo (EUGOGO).

METODE: Analizirali smo dva klinična primera DON, ki sta bila obravnavana v skladu s smernicami EUGOGO iz leta 2021. Na podlagi te analize in pregleda literature smo razvili algoritem za obravnavo pacientov z DON, prilagojen našemu prostoru.

REZULTATI: Oba pacienta sta najprej imela najprej medikamentozno (glukokortikoidi intravenozno) in nato še kirurško (endoskopsko) dekompresijo orbite. Pri obeh smo tekom zdravljenja opazili klinično izboljšanje. Predlagani algoritem vključuje oceno aktivnosti in resnosti bolezni, obvladovanje dejavnikov tveganja, ustrezno terapijo ter spremljanje odziva na zdravljenje. Zdravljenje vključuje najprej medikamentozno dekompresijo, čemur sledi kirurška dekompresija orbit, v kolikor primarno zdravljenje ni uspešno. Pri tem je medialna dekompresija ključna, lateralna pa se lahko dodatno izvede v izbranih primerih.

ZAKLJUČEK: Ustrezna in pravočasna obravnava DON je ključnega pomena za preprečitev trajne izgube vida. Predlagani algoritem, ki temelji na smernicah EUGOGO iz leta 2021, ponuja strukturiran pristop k diagnostiki in zdravljenju DON ter lahko oftalmologom služi kot praktično orodje pri obravnavi pacientov s ščitnično orbitopatijo.