

Treatment outcomes of Age-Related Macular Degeneration Among a Group of Patients in Albania

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Abstract

Background: Age-related macular degeneration (AMD) is the leading cause of vision loss in people over 50 years old. The appropriate treatment is essential for vision preservation. Information about AMD treatment in our country is insufficient. In this context, the aim of this study was to evaluate the effects of anti-VEGF therapy in a group of AMD patients in Albania.

Methods: A pre-test post-test study was carried out among AMD patients being referred to the Ophthalmology Service at the University Hospital Center “Mother Teresa”, in Tirana, Albania, during 1 December 2020 – 30 November 2021. After excluding confounding conditions, a total of 120 patients were appropriate to participate. Visual acuity and macular central thickness was measured in both

right and left eye of participants and compared across different moments of treatment regime.

Results: The mean age of the patients was 73.4 years \pm 2.33 years (50% female, 28.3% rural residency). The mean value of visual acuity was 21.4% and 20.3% in the right and left eye, respectively, before treatment, whereas the respective mean values of central thickness were 317mm and 330mm. After each anti-VEGF injection, there was a significant increase of mean visual acuity in both right and left eye, and a significant reduction of mean central thickness as well. Visual acuity and central thickness were inversely associated.

Conclusion: Anti-VEGF treatment of AMD is effective as it is associated with a significant

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improvement of the visual acuity and macular central thickness in AMD patients.

Keywords: Albania, age-related macular degeneration, anti-VGEF, central thickness, visual acuity.