MEWDS – A retinal “flu-like illness”

MEWDS – «enfermedad similar a la gripe» de la retina

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A 25-year-old male attended the ophthalmology outpatient department referring a 3-day history of blurred vision in the left eye. The patient had a viral illness with coryza 15 days ago which subsided spontaneously without any medication. On examination, the patient had a best-corrected visual acuity (BCVA) of 6/6 in the right eye and 6/12 in the left eye, with a normal anterior segment in both eyes. Fundus evaluation of the left eye revealed multiple, round, and discrete white spots at the level of the retinal pigment epithelium around the macular area (Fig. 1A). On fundus autofluorescence, the punctate lesions were hyperautofluorescent, and fluorescein angiography revealed a wreath-like pattern of hyperfluorescence, corresponding to white lesions characteristic of multiple evanescent white dot syndrome (MEWDS) (Fig. 1B). The patient was evaluated to rule out other possible causes of white lesions in the posterior-pole-like infection/inflammation of the retina or choroid, but all tests were normal, confirming a diagnosis of MEWDS. The patient was managed conservatively, a spontaneous resolution is observed in these patients. Our patient showed substantial healing of the white lesions 2 weeks after presentation (Fig. 1C) and complete resolution 4 weeks after presentation, a BCVA recovery to 6/6 in the left eye without treatment (Fig. 1D).

MEWDS is an acute, usually unilateral, self-limiting retinopathy that predominantly affects the macula and mid-periphery regions of the retina in young women, causing mild-to-moderate visual loss¹. Characteristic features of MEWDS include multiple, discrete white spots at the level of the retinal pigment epithelium or outer

Figure 1. **A:** fundus photograph of the left eye showing multiple, round, discrete white spots at the level of the retinal pigment epithelium around the macular area. **B:** fundus fluorescein angiography of the left eye showing a wreath-like pattern of punctate hyperfluorescence corresponding to white lesions characteristic of multiple evanescent white dot syndrome. **C:** fundus photograph of the left eye 2 weeks after presentation showing substantial healing of the white lesions. **D:** fundus photograph of the left eye 4 weeks after presentation that shows spontaneous and complete resolution of the white lesions in without treatment.

retina, preceded by a prodrome of viral illness, with fundus autofluorescence revealing punctate hyperautofluorescence with a wreath-like pattern on fluorescein angiography². The majority of patients with MEWDS show spontaneous resolution of all lesions with

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Date of reception: 12-06-2020

Date of acceptance: 10-07-2020

DOI: 10.24875/RMOE.M20000138

Available online: 21-05-2021

Rev Mex Oftalmol (Eng). 2021;95(3):126-127

www.rmo.com.mx

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improvement of visual acuity within weeks, rarely requiring treatment, as observed in flu-like illness³. Prompt use of appropriate diagnostic modalities with an early exclusion of mimickers of MEWDS can prevent unnecessary treatments in “MEWDS – a retinal flu-like illness.”

Conflicts of interest

The authors report no conflicts of interest.

Ethical disclosures

Protection of human and animal subjects. The authors declare that no experiments were performed on humans or animals for this study.

Confidentiality of data. The authors declare that they have followed the protocols of their work center on the publication of patient data.

Right to privacy and informed consent. The authors have obtained the written informed consent of the patients or subjects mentioned in the article. The corresponding author is in possession of this document.

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