

TABLE 6 MANAGEMENT RECOMMENDATIONS FOR PATIENTS WITH DIABETES

Severity of Retinopathy	Presence of Macular Edema	Follow-up (Months)	Panretinal Photocoagulation (Scatter) Laser	Focal and/or Grid Laser*	Intravitreal Anti-VEGF Therapy
Normal or minimal NPDR	No	12	No	No	No
Mild NPDR	No	12	No	No	No
	ME	4–6	No	No	No
	CSME†	1*	No	Sometimes	Sometimes
Moderate NPDR	No	12‡	No	No	No
	ME	3–6	No	No	No
	CSME†	1*	No	Sometimes	Sometimes
Severe NPDR	No	4	Sometimes	No	No
	ME	2–4	Sometimes	No	No
	CSME†	1*	Sometimes	Sometimes	Sometimes
Non-high-risk PDR	No	4	Sometimes	No	No
	ME	2-4	Sometimes	No	No
	CSME†	1*	Sometimes	Sometimes	Sometimes
High-risk PDR	No	4	Recommended	No	Alternative ^{129,130}
	ME	4	Recommended	Sometimes	Usually
	CSME†	1*	Recommended	Sometimes	Usually

Anti-VEGF = anti-vascular endothelial growth factor; CSME = clinically significant macular edema; ME = non-clinically significant macular edema; NPDR = nonproliferative diabetic retinopathy; PDR = proliferative diabetic retinopathy

* Adjunctive treatments that may be considered include intravitreal corticosteroids or anti-VEGF agents (off-label use, except aflibercept and ranibizumab). Data from the Diabetic Retinopathy Clinical Research Network in 2011 demonstrated that, at two years of follow-up, intravitreal ranibizumab with prompt or deferred laser resulted in greater visual acuity gain and intravitreal triamcinolone acetonide plus laser also resulted in greater visual gain in pseudophakic eyes compared with laser alone.¹³¹ Individuals receiving the intravitreal injections of anti-VEGF agents may be re-examined as early as one month following injection.

† Exceptions include hypertension or fluid retention associated with heart failure, renal failure, pregnancy, or any other causes that may aggravate macular edema. Deferral of photocoagulation for a brief period of medical treatment may be considered in these cases.¹³² Also, deferral of CSME treatment is an option when the center of the macula is not involved, visual acuity is excellent, close follow-up is possible, and the patient understands the risks.

‡ Or at shorter intervals if signs approaching those of severe NPDR appear.