

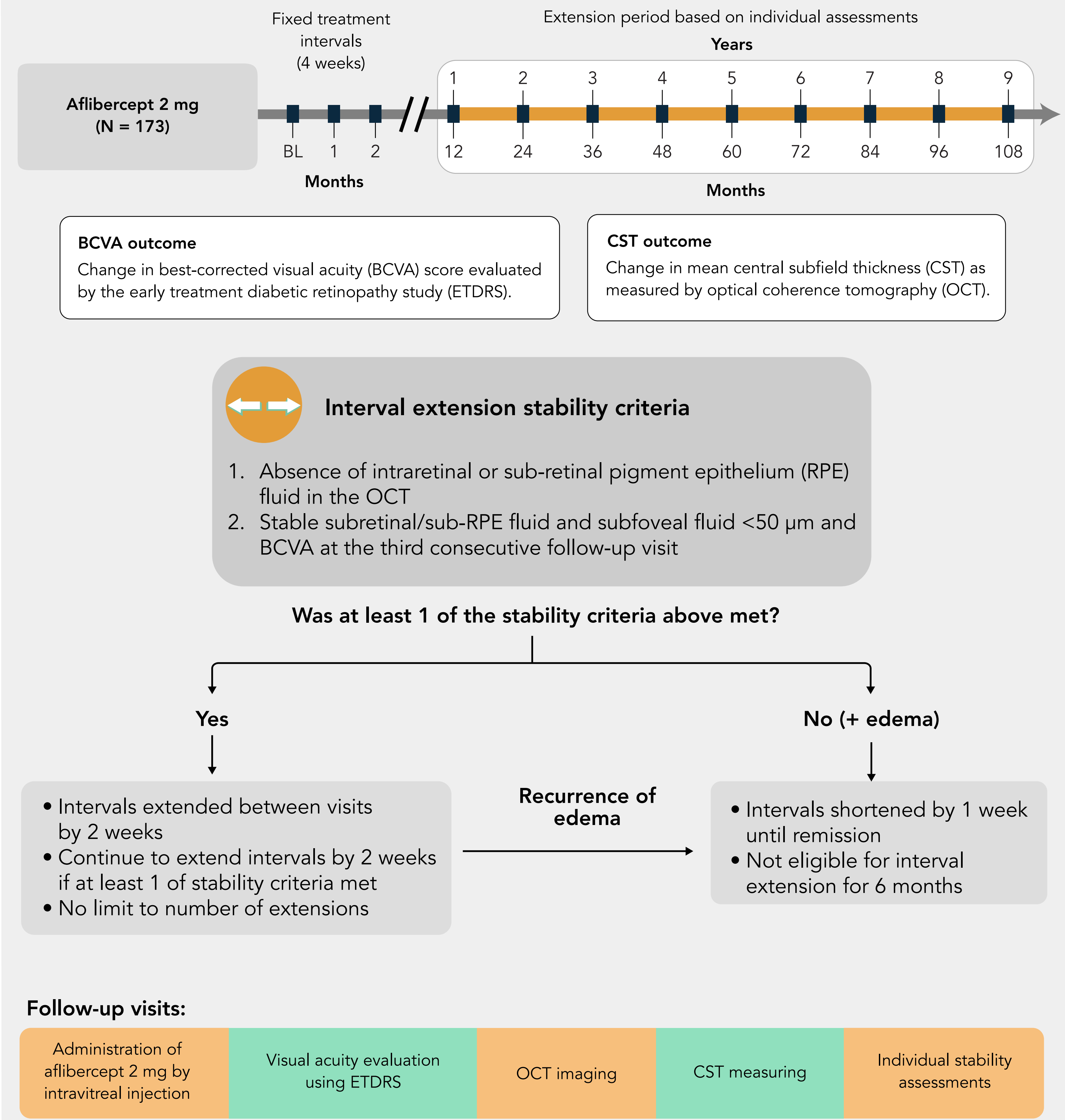
Aflibercept for Central Retinal Vein Occlusions: Long-Term Outcomes of a ‘Treat-and-Extend’ Regimen

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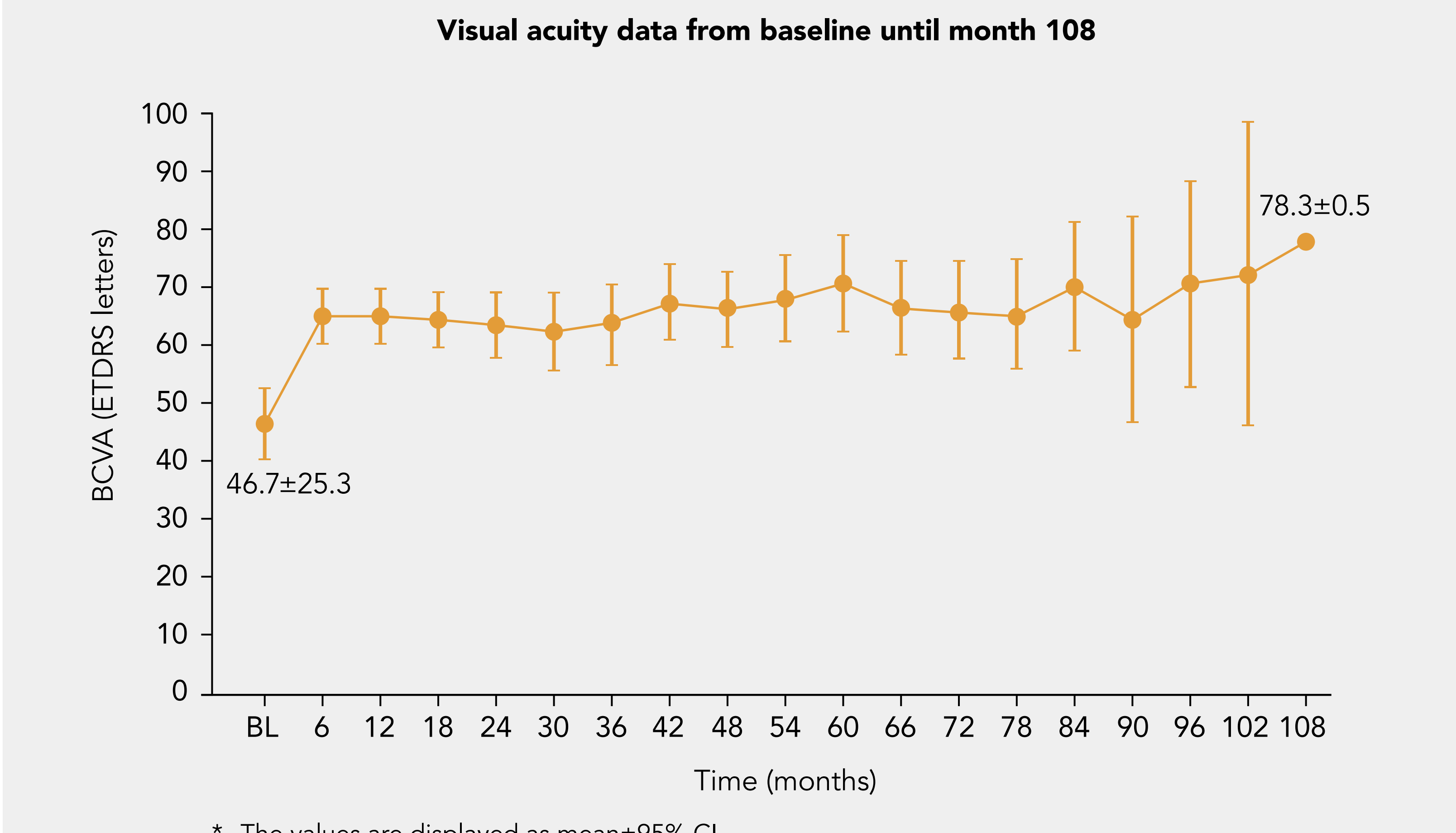
To date, there is limited long-term data on anti-VEGF outcomes in central retinal vein occlusion (CRVO). While fixed injections are an effective method of treatment, there is an associated burden. Treat-and-extend (T&E) protocols based on individual patient response have been developed to balance the best-individualized treatment with the lowest treatment burden.

This observational study reports on the long-term functional and anatomical outcomes for up to 9 years of patients with CRVO treated with aflibercept 2 mg according to our Bern T&E regimen.

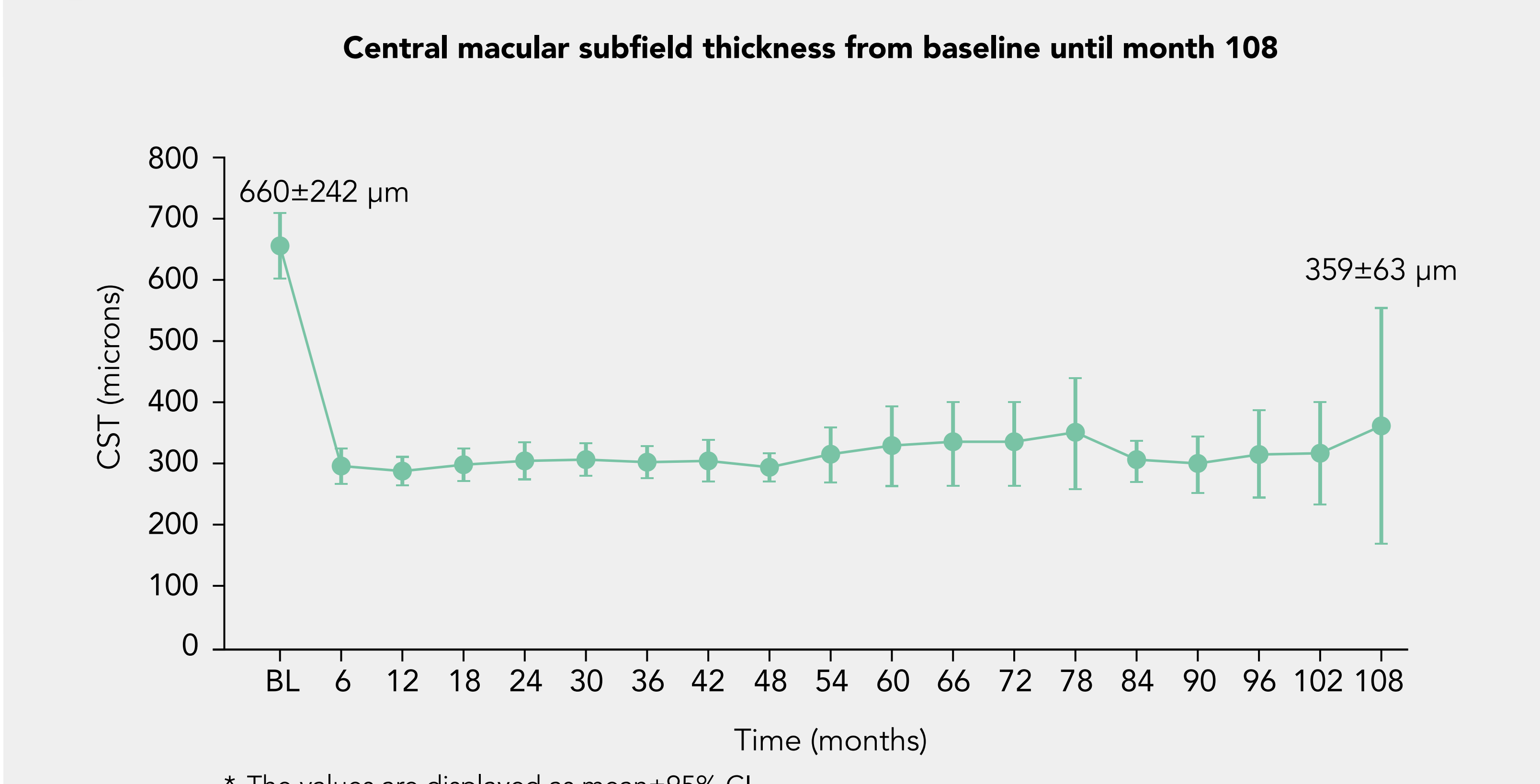
This single-centre, retrospective observational study, was conducted in Bern, Switzerland. Treatment-naïve patients with macular edema due to CRVO and a follow-up of at least 24 months were assigned to a T&E protocol and followed over nine years



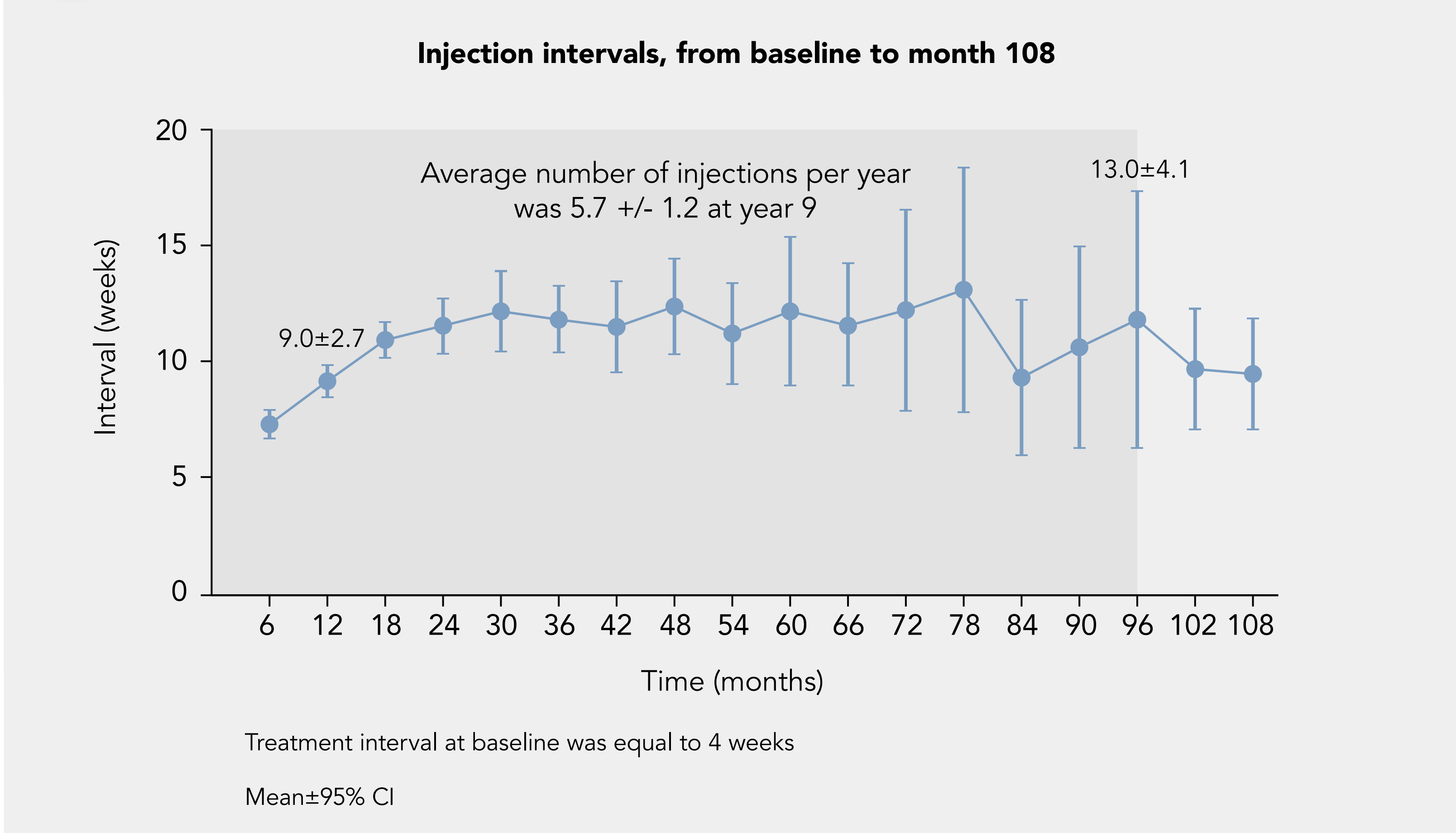
BCVA improved from baseline to year 9. The main visual acuity gain occurred in the first 6 months of therapy, and visual acuity remained stable after 6 months throughout the study period



OCT analysis showed a rapid and significant decrease of CST from baseline, reaching below 300 µm after 2 months that remained stable during the follow-up period of 9 years



Treatment intervals increased from baseline to year 9. The number of injections per year decreased until about year 2, with no further decreases after that point



Conclusion

The T&E regimen for CRVO shows sustained visual improvements and reduced CST over time. Patients maintained stable visual gains for many years, demonstrating the effectiveness of this treatment approach and is consistent with larger controlled trials. Results support the use of the T&E regimen. However, no control group was available to compare our T&E regimen with other strategies.