



# Understanding CRVO

Central retinal vein occlusion (CRVO) is a retinal disease that can impact your vision. Retinal vein occlusion (RVO) is the **second most common cause of vision loss** from diseases that affect the blood vessels in the retina.



Learn more about CRVO  
at [NowEyeKnow.ca/crvo](http://NowEyeKnow.ca/crvo)

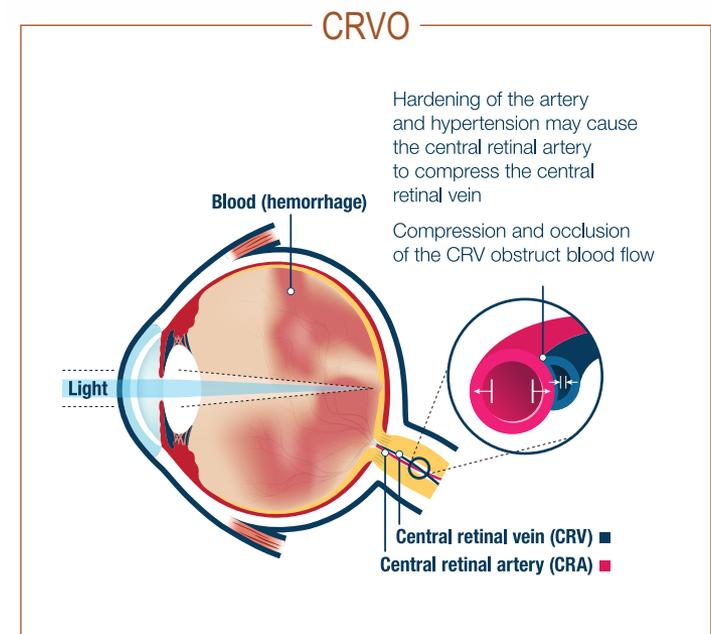
# What is CRVO?

Exactly why central retinal vein occlusion (CRVO) develops is not fully understood, but there are some specific things that happen within the eye that lead to vision disturbances:

- CRVO occurs when the **central retinal vein becomes blocked**, or occluded, and obstructs blood flow from the eye
- The central retinal artery compresses the central retinal vein, either **due to hypertension or hardening of the arteries**
- Compression of the central retinal vein leads to **sluggish blood flow and, eventually, blockage**
- The blockage also causes the release of proteins that weaken the blood vessel, leading to **leakage of fluid and blood into the retina**, which can result in swelling

Retinal vein occlusion (RVO) is the second most common cause of vision loss from diseases that affect the blood vessels in the retina.

- Vision loss in CRVO is primarily caused by macular edema. This involves the accumulation of fluid in the center and most visually sensitive portion of the retina, known as the macula.
- Macular edema requires prompt treatment to help improve vision or slow vision loss



▶ Watch videos about CRVO at [NowEyeKnow.ca/crvo](http://NowEyeKnow.ca/crvo)

# What are the symptoms of CRVO?

CRVO leads to a number of problems that affect your eye and eyesight and the sharpness or clarity of your vision. CRVO symptoms are often sudden and painless:

-  **Blurry vision**
-  **Cloudy vision**
-  **Distorted, warped or wavy vision**
-  **Sudden and complete loss of vision**
-  **Floaters**, or tiny dark spots in your vision

Symptoms of CRVO can become worse over a matter of hours or days.

**The sooner you can spot these symptoms and speak to your eye care professional, the more likely you will be able to help improve vision or slow vision loss.**

## See what it's like to have CRVO

Normal vision



Vision with CRVO



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If you are seeing any changes in your vision, you should speak with your eye care professional immediately.

# What are the risk factors for developing CRVO?

There are certain factors that you should be aware of that have been proven to increase your risk of developing CRVO:

- ✓ **Your age** – while CRVO can develop in middle-aged adults, the older you are, the greater the risk
- ✓ **High blood pressure** called hypertension
- ✓ **Glaucoma**, a condition where there is excess pressure inside the eye

Other factors that are commonly associated with the risk of developing CRVO include:

- ✓ **Heart disease**
- ✓ **Blood clot disorders**
- ✓ **Diabetes-related damage** to your heart and other organs

**Talk to your doctor and get regular check-ups if you have any of these risk factors to get a better idea of your CRVO prognosis**

# How can you decrease your risk of developing CRVO?

There are several important things you can do to help reduce your risk:

- ✓ **Get regular screenings** to check for things that may contribute to CRVO
- ✓ **Keep your blood pressure and your cholesterol at healthy levels**
- ✓ **Be aware** – if you suspect that you may be developing vision loss due to CRVO, speak with your eye care professional as soon as possible to begin thinking about CRVO management



# How is CRVO treated?

Treatment options are available that can slow down the progression of vision loss and, in some cases, improve vision. To learn more about the treatment of CRVO, talk to your doctor or visit [NowEyeKnow.ca/crvo](http://NowEyeKnow.ca/crvo).



## NowEyeKnow.ca also features:

- An in-depth FAQ section
- Educational videos
- Vision tools and online resources
- Information about other retinal diseases

The information provided in this brochure is intended solely as general information for educational purposes only. It is not intended to replace the advice and care of your doctor, nor is it intended to be used for medical diagnosis or treatment. Should you have any questions regarding your treatment or condition, always consult a health care professional.

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