Optical coherence tomography (oct) is an essential tool in following up ms patients: yes

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Optical coherence tomography is a rapid and easily applicable technique to investigate the retina, also in diseases of the central nervous system that affect the visual system such as multiple sclerosis (MS). A plethora of OCT studies in the MS field has shown associations of retinal nerve fiber layer and ganglion cell layer thinning with visual function and visual quality of life, disease severity, brain atrophy and inflammatory lesions on brain MRI. Recent research has focused on the clinical use of OCT with regards to disease monitoring and prediction of disease course. Here, newer studies have shown that OCT may help predict disability progression measured by the EDSS in a large cohort of MS patients with various disease courses and stages, and that thinning of the ganglion cell layer in patients with clinically isolated syndrome is predictive of subsequent conversion to MS and retaining a NEDA (no evidence of disease activity) status. Also in case of acute optic neuritis, OCT may help stratify patients according to their risk of poor visual recovery. In sum, topical research supports the use of OCT as tool to follow up MS patients in clinical routine.