

What is it?

Amaurosis Fugax is a loss of vision in one eye due to the lack of blood flow to the retina. The insufficient blood flow to the eye may be due to an underlying issue such as a blood clot or artery inflammation. It is usually painless.

Another name for Amaurosis Fugax is transient monocular vision loss. Transient meaning temporary and monocular meaning it occurs in one eye.

In many instances, Amaurosis Fugax is a symptom of a transient ischemic attack (TIA or mini stroke).



Stroke Prevention Clinic

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References

AHA Journals. (2021, March 8). *Management of Central Retinal Artery Occlusion: A Scientific Statement From the American Heart Association*. <https://www.ahajournals.org/doi/10.1161/STR.0000000000000366>

National Library of Medicine. (2023, August 7). *Amaurosis Fugax*. <https://www.ncbi.nlm.nih.gov/books/NBK470528/>



CS-PIER-0103



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Amaurosis Fugax

Stroke Prevention Clinic



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CS-PIER-0103

December 2023

Symptoms

Symptoms include a sudden loss of vision in one eye which:

- usually only lasts seconds, but may last several minutes;
- may seem curtain coming down over the eye; and
- is painless.

Causes

Amaurosis Fugax can be a symptom of Carotid Artery Disease (CAD).

The most common cause of decreased blood flow to the eye is due to a blood clot or piece of plaque breaking off and travelling up to the retinal artery in the eye. Plaque is a hard substance that forms when fat, cholesterol and other substances build up in the walls of your arteries.

The vision loss will continue as long as the blood supply to the retinal artery in your eye is blocked.

Diagnosis

At the Stroke Prevention Clinic, the neurologist will diagnose you based on your medical history, symptoms and neurological exam. You may be sent for imaging of your carotid arteries to evaluate the blockage in the carotid artery.

Checking your cholesterol and blood sugar levels may also be done to assess your risk of atherosclerosis (the build up of fats, cholesterol and other substances in and on the artery walls) and carotid artery disease.

Treatment

The severity of the blocked vessel will determine the goal of treatment. Your neurologist may recommend medical management as well as lifestyle changes to control your risk.

Lifestyle changes can include:

- Mediterranean diet: a variety of fruits and vegetables, whole grains, plant-based fats, fish, chicken, beans and lentils
- Exercise: Aim for 30 minutes per day
- Stop smoking, if you smoke

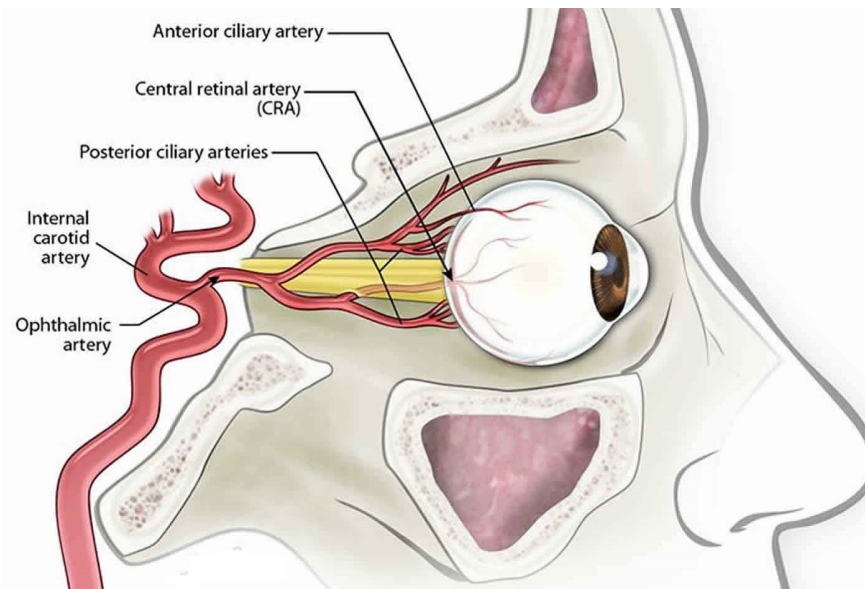


Image: Health Jade. (2018). *Amaurosis Fugax*. <https://healthjade.com/amaurosis-fugax/>