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Birdshot Retinochoroidopathy (BR)

Birdshot retinochoroidopathy (BR) is a rare, inflammatory condition of the retina and choroid, the layer of blood vessels under the retina. BR usually occurs in Caucasian women over the age of forty.

The cause of BR is unknown. It usually affects both eyes. Symptoms are poor vision, night blindness, and disturbance of color vision. Pain is rare.

Fluorescein angiography, a test for evaluating the retina and choroid, detects BR's characteristic cream-colored spots, similar in appearance to the splattered pattern of birdshot from a shotgun.

BR is a chronic disease that flares up and then goes into remission. Although some people eventually lose vision, others maintain or recover good vision.

If you have been diagnosed with birdshot retinochoroidopathy, it is important to see your ophthalmologist regularly. Treatment will depend on severity and progression of symptoms.