

CE Credit - Topic Review

A to See: Food Eponyms in Ophthalmology

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ABSTRACT

SYNOPSIS

Multiple naming schemes for the classification of myriad diseases, instruments, and conditions are detailed within medical literature. A longstanding method to accomplish such is the utilization of eponyms. This has both advantages and drawbacks. Eponyms may aid in the memorization of sometimes rare or complicated medical information, however sometimes they depend on colloquialisms or are region or culture specific. Various types of natural eponyms ranging from animal eponyms to weather-related phenomena are common across multiple specialties including dermatology, neurology, trichology, and ophthalmology. Eponyms can make a wide range of medical material easier to remember and to digest, much like a cup of tea.

INTRODUCTION

This paper examines food eponyms and mnemonics in ophthalmology. The information is presented in an atlas type format and does not offer in-depth discussion, but rather strives to show the relation of the food item description to the ophthalmological definition. The focus of this paper is to help enhance the understanding of ophthalmological information with the aid of food eponyms.

CONCLUSION

Eponyms aid in our understanding of medical conditions, but they are not everyone's preferred method. There exist many eponyms named after the physician who originally described a condition and thus no real connection can be made from the eponym to the disease entity. Additionally, many medical conditions or entities may be attributed to a single physician such as in ophthalmology; Ernst Fuchs. Regional and cultural disparities may also hinder clinicians' understanding of various conditions when considering food eponyms found in ophthalmology. Nonetheless, eponyms in medicine are here to stay and are an invaluable tool to enhance understanding of an array of medical information.

ARTICLE

SYNOPSIS

There exists in medical literature various methods to name, classify, and describe diseases, conditions, and even medical instruments. One such example is naming medical entities after observations of natural phenomena or items found in nature. For instance, in dermatology¹, neurology², trichology³, and ophthalmology⁴ eponyms are often utilized. Eponym use aids in linking complicated scientific or medical information to more easily observable phenomena, allowing one to both retain information and understand medical processes. A drawback of utilizing eponyms in medical care is that they may derive from specific regions or cultures and thus not be universally understood or relatable.⁵ In the same vein, some eponyms reviewed here may not be considered palatable by all, and some eponyms may not bear a physical resemblance to the eponym. Despite any shortcomings, eponyms are a useful tool in referencing ophthalmic conditions. Food eponyms are often utilized in pathology⁶; this work will review food eponyms encountered in ophthalmology and optometry. Some conditions are rare, and some are pretty much bread and butter. Detailed pathophysiology is beyond the scope of this article.

INTRODUCTION

This paper examines food eponyms and acronyms in ophthalmology. It is common practice in medicine to use these and other memory aids such as mnemonics, triads, and acrostics to help memorize and increase understanding of the myriad of medical conditions in existence. Making such analogous connections can aid both new and seasoned practitioners alike in remembering disease entities and processes and help clue them into a targeted work up.

FOOD EPONYMS

Astrocytic hamartoma: a rare benign retinal tumor that appears as a yellow or white multi nodular lesion resembling a mulberry. These are most often found in patients with tuberous sclerosis and are less frequently associated with neurofibromatosis type 1 and retinitis pigmentosa.⁷

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Figure 1: Astrocytic hamartoma. © EyeRounds.org, The University of Iowa

Bear claws and tracks: when multiple small congenital hypertrophies of retinal pigment epithelium lesions group together, they resemble a “bear track pattern”. These lesions are associated with familial adenomatous polyposis.⁷



Figure 2: Bear tracks. © EyeRounds.org, The University of Iowa

Beer belly: When peripheral corneal thinning is viewed in a slit lamp cross section, the area of maximal ectasia occurs above the inferiorly thinned cornea, resembling a beer belly.^{7,8}

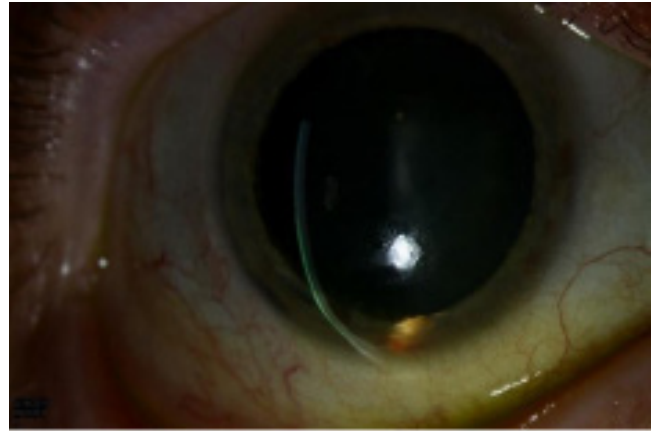


Figure 3: Peripheral corneal thinning. © EyeRounds.org, The University of Iowa

Café-au-lait spot: flat brown lesions on the skin that appear at birth or early in life.⁹ Taken from the French term café-au-lait which means coffee with milk,¹⁰ these can be associated with neurofibromatosis type 1.⁹



Figure 4: Café-au-lait spot. © EyeRounds.org, The University of Iowa

CHAI T on the Rocks: an acronym which represents a non-inclusive list of medications that can cause corneal verticillata:⁷

Chloroquine, Hydroxychloroquine, Amiodarone, Indomethacin, Tamoxifen¹¹

Rho kinase (rock) inhibitors such as Netarsudil¹²

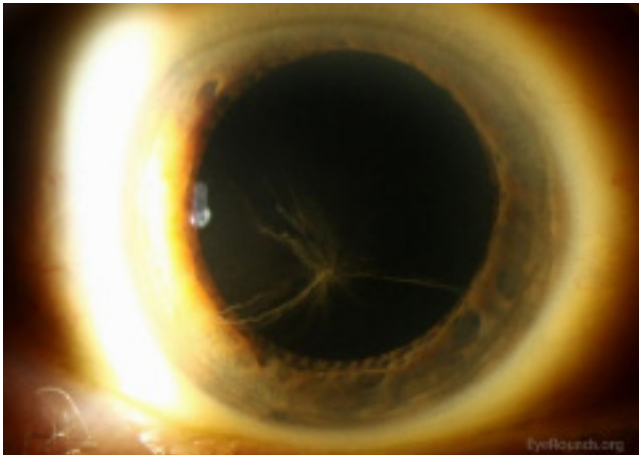


Figure 5: Corneal verticillata.
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Cherry Angioma: small, benign, round, red papule which may appear on the eyelid¹³ and are common with advancing age¹⁴.



Figure 6: Cherry angioma. © EyeRounds.org, The University of Iowa

Cherry-red spot: whitish retinal opacification surrounding the fovea gives the fovea a comparatively cherry-red hue. Retinal opacification can be due to lysosomal storage disorders (such as Tay-Sach's disease¹⁵), retinal ischemia (such as from central retinal artery occlusion), trauma (such as commotio retinae), retinitis involving the central retina (such as progressive outer retinal necrosis), and retinal toxicity (from substances such as quinine or carbon monoxide).¹⁶

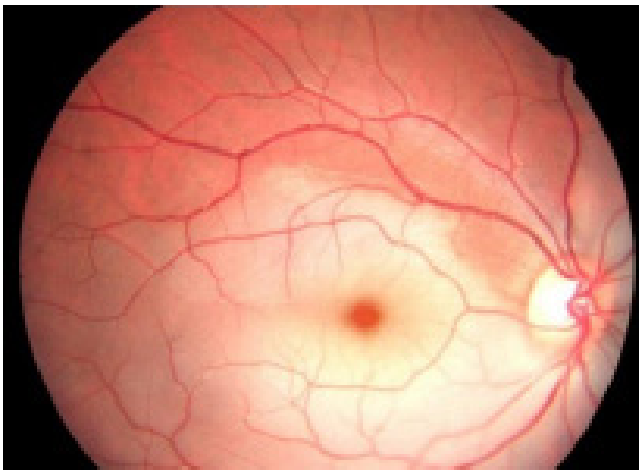


Figure 7: Cherry-red spot. This image was originally published in the Retina Image Bank® website. Dr. Sugesh Parmar. BRAO with Cherry Red Spot. Retina Image Bank. 2020; 52796. © the American Society of Retina Specialists

Crab claws: also known as kissing doves or “butterfly” pattern on axial corneal topography maps, inferior peripheral corneal steepening with vertical meridian flattening gives the appearance of crab claws on corneal topography maps, suggestive of pellucid marginal degeneration or keratoconus.¹⁷⁻¹⁹

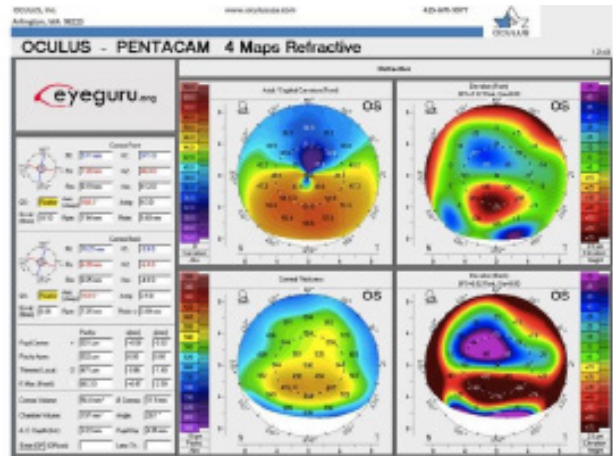


Figure 8: Crab claws.

Crocodile shagreen: corneal clouding disrupted by clear zones creating a mosaic pattern similar to the appearance of the skin of a crocodile²⁰; the term shagreen is used to describe animal hide and is a variant of “chagrin”, literally “rough skin”.²¹

ICE syndrome: irido-corneal-endothelial changes characterized by a triad of iris atrophy, corneal endothelial changes, and secondary glaucoma.²²

Ketchup fundus: dark-red diffuse choroidal hemangiomas with areas resembling tomato ketchup in the fundus of those with Sturge-Weber syndrome.²³

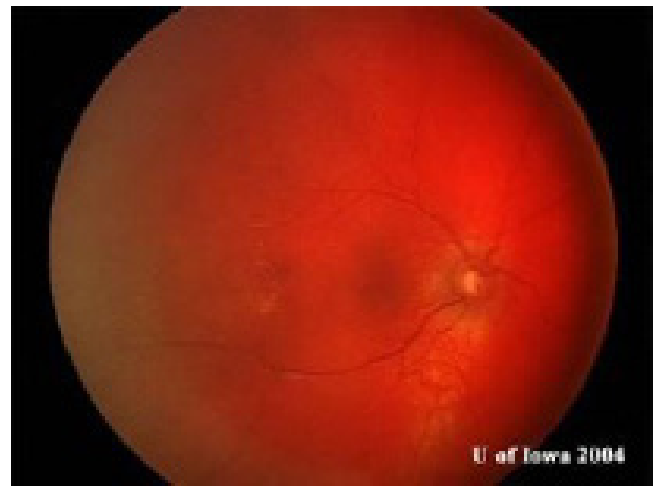


Figure 9: Ketchup fundus. © EyeRounds.org, The University of Iowa

Ketchup and cottage cheese fundus / pizza pie retinopathy: classic form of Cytomegalovirus retinitis that appears as necrotizing retinitis with sheathing of vasculature and varying degrees of hemorrhages.²⁴

Lobster claw intraocular lens / iris-claw lens²⁵, an intraocular lens used when there is not adequate capsular support²⁶ for a traditional intraocular lens.



Figure 10: Claw intraocular lens.
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Mutton-fat keratic precipitates: leukocytes that appear on the corneal endothelium as 'greasy' fat globules,^{27,28} similar to the fat of sheep. This can be an indicator of systemic disease such as tuberculosis, syphilis, or sarcoidosis.²⁷



Figure 11: Mutton-fat keratic precipitates.
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Oil droplet cataract: a specific type of lens opacity, often seen in galactosemia, that appears as a small, central, amber-colored opacity within the lens nucleus when viewed with retroillumination.²⁹

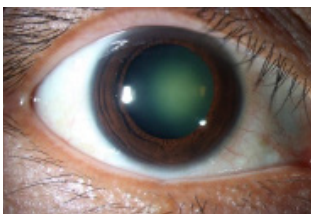


Figure 12: An oil droplet cataract.
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Figure 13: Oil droplets

Peau d'orange:

a. **Retinal peau d'orange:** mottled, orange appearance of the retina, for example, in pseudoxanthoma elasticum.³⁰

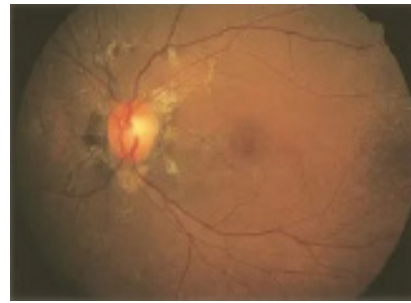


Figure 14: Retinal peau d'orange.
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b. **Corneal peau d'orange:** pathological changes in the hexagonal mosaic of the corneal endothelium can cause a dimpled or pitted appearance, similar to the skin of an orange.³¹

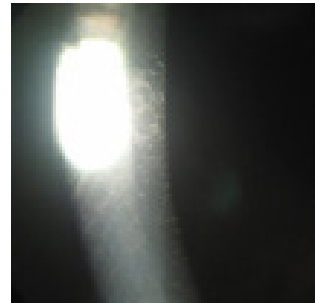


Figure 15: Corneal peau d'orange.
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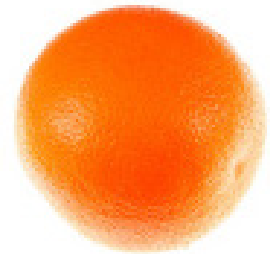


Figure 16: Orange peel

PEPSI: an mnemonic that refers to common causes of angioid streaks: pseudoxanthoma elasticum, Ehlers-Danlos syndrome, Paget's disease, Sickle cell disease, idiopathic.³² Angioid streaks are a break in Bruch's membrane that often starts at the optic nerve and extends through the posterior pole and sometimes into the periphery.³³



Figure 17: Angioid streaks.
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Pisciform flecks: retinal depositions that are yellow or white in color and shaped like fish tails that form in the retina at the level of the retinal pigment epithelium. Pisciform flecks are pathognomonic for Stargardt disease.^{34,35}

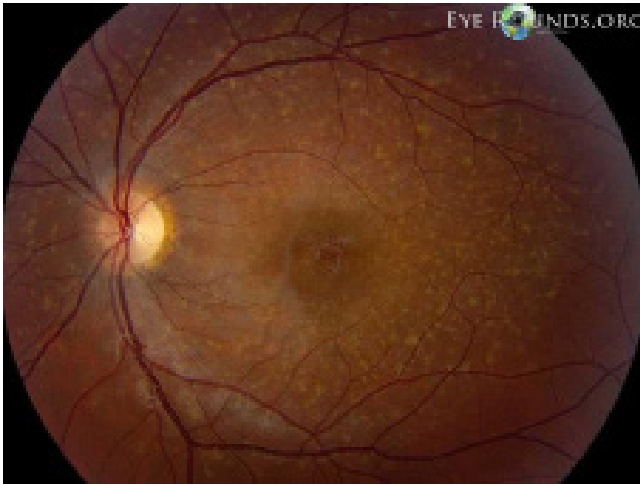


Figure 18: Pisciform flecks.
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Pizza fundus or pizza pie retinopathy: classic fundus appearance due to hemorrhagic necrosis in patients with cytomegalovirus retinitis.^{36,37}

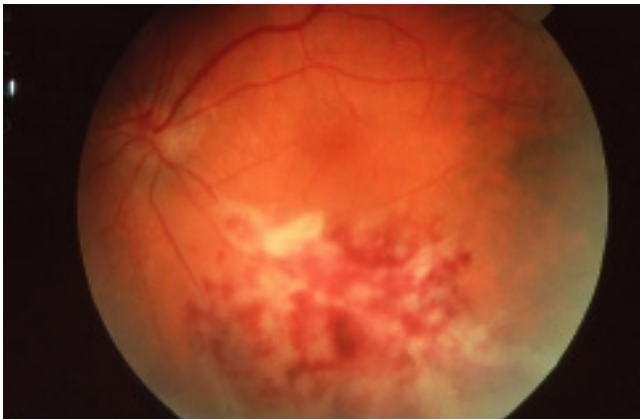


Figure 19: Pizza fundus. This image was originally published in the Retina Image Bank® website. Dr. Susanna S. Park. Pizza Fundus Photo. Retina Image Bank. 2014; 29628.
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Port wine stain: a vascular malformation on the skin that can be associated with Sturge-Weber syndrome. If located on forehead or near the eye, it is more likely to result in ocular complications such as glaucoma and choroidal hemangioma.^{38,39,40}



Figure 20: Port wine stain. This image was originally published in the Retina Image Bank® website. Dr. Susanna S. Park. Sturge-Weber Skin Photo. Retina Image Bank. 2014; 16771.
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Salmon patch:

a. **Salmon patch of Hutchinson:** stromal vascularization and inflammation that appears in syphilitic interstitial keratitis. Most often congenital, although may occur with acquired infection.^{41,42}



Figure 21: Salmon patch of Hutchinson.
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b. **Conjunctival salmon patch:** a painless pink-colored mass on the bulbar conjunctiva or adnexa, it can be associated with lymphoma. Feeder vessels, rapid invasive growth, and ulceration raise suspicion of lymphoma.⁴³

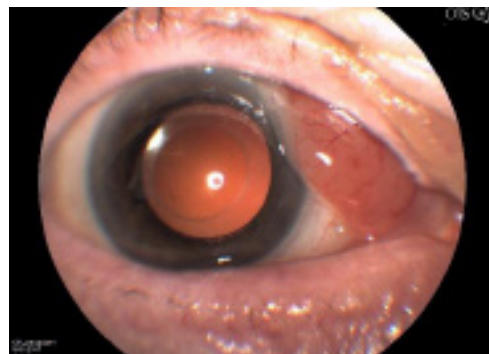


Figure 22: Conjunctival salmon patch. This image was originally published in the Retina Image Bank® website. Nichole Lewis. Salmon Patch Lymphoma. Retina Image Bank. 2017; 27223.
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Salt and pepper:

a. **Salt and pepper found in the corneal endothelium:** a newer finding of unknown significance, a dark or black spot can be seen in the middle of corneal endothelial cells with lighter cell borders.^{44,45}

b. **Salt and pepper fundus** involves areas of hypopigmentation (salt) and hyperpigmentation (pepper) of the retina which can be seen in a multitude of diseases and disorders including neurological (Morning glory syndrome), mitochondrial (Kerns-Sayre syndrome), metabolic, inflammatory (birdshot chorioretinopathy), infections (congenital Rubella), or inherited conditions (retinitis pigmentosa).⁴⁶⁻⁵⁰

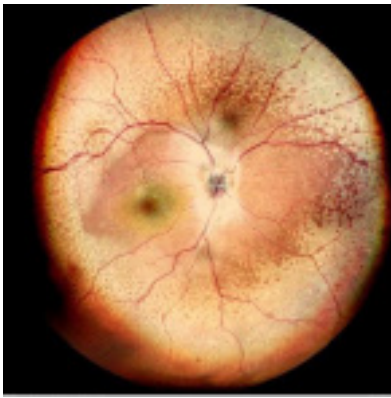


Figure 23: Salt and pepper fundus. This image was originally published in the Retina Image Bank® website. Sham Talati, DOMS. Salt and Pepper Retinopathy. Retina Image Bank. 2021; 72560. © the American Society of Retina Specialists

Snail track degeneration: area of non-progressive peripheral retinal degeneration that glistens like snail tracks.⁵¹

Sunflower Cataract: this copper deposition cataract has a central dense area that appears like the center of sunflower with frond like “petals” radiating out from the center. Sometimes occurring in the course of Wilson’s disease, this cataract is under the anterior capsule and has minimal effect on visual acuity.⁵²



Figure 24: Sunflower cataract. © 2020 American Academy of Ophthalmology



Figure 25: Sunflower.

Swiss cheese band keratopathy: also known as calcific band shaped keratopathy, superficial whitish plaque-like calcific deposits in the cornea which can lead to recurrent corneal erosion.^{53,54}

Vitelliform macular dystrophy: originates from the Latin term vitulus, originally meaning ‘calf’ and later meaning ‘yolk of an egg’.⁵⁵ Foveal dome-shaped deposits of lipofuscin and degraded photoreceptor segments that initially appear as an egg cooked “sunny-side up”, and later progressing to a “scrambled egg” appearance. Variants of this condition include Best disease and adult-onset vitelliform macular dystrophy.⁵⁶



Figure 26. “Egg yolk” stage of Best disease. © 2020 American Academy of Ophthalmology

CONCLUSION

Eponyms aid in our understanding of medical conditions, but they are not everyone’s cup of tea. There exist eponyms named for the physician who originally described the condition and thus no real connection can be made from the eponym to the disease entity. Additionally, many medical conditions or entities may be attributed to a single physician such as in ophthalmology; Ernst Fuchs published more than 250 papers and described many new conditions, including Fuchs coloboma, Foster-Fuchs spot, and Fuchs corneal dystrophy.⁵⁷ When considering food eponyms found in ophthalmology, colloquialisms and cultural disparities may damper clinicians’ understanding of various conditions. Nonetheless, eponyms in medicine are here to stay and are an invaluable way to enhance understanding of an array of medical information.

That’s a wrap!

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