

What Is Central Retinal Vein Occlusion (CRVO)?

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Arteries and veins carry blood throughout your body, including your eyes. The eye's [retina](#) has one main artery and one main vein. When the main retinal vein becomes blocked, it is called central retinal vein occlusion (CRVO).

When the vein is blocked, blood and fluid spills out into the retina. The [macula](#) can swell from this fluid, affecting your central vision. Eventually, without blood circulation, nerve cells in the eye can die and you can lose more vision.

What are symptoms of CRVO?

The most common symptom of CRVO is vision loss or blurry vision in part or all of one eye. It can happen suddenly or become worse over several hours or days. Sometimes, you can lose all vision suddenly.

You may notice [floaters](#). These are dark spots, lines or squiggles in your vision. These are shadows from tiny clumps of blood leaking into the [vitreous](#) from retinal vessels.

In some more severe cases of CRVO, you may feel pain and pressure in the affected eye.

Who is at risk for CRVO?

CRVO usually happens in people who are aged 50 and older.

People who have the following health problems have a greater risk of CRVO:

- high blood pressure
- [diabetes](#)
- [glaucoma](#)
- hardening of the arteries (called arteriosclerosis)

To lower your risk for CRVO, you should do the following:

- eat a low-fat diet

- get regular exercise
- maintain an ideal weight
- don't smoke

What causes CRVO?

CRVO happens when a blood clot blocks the flow of blood through the retina's main vein.

Disease can make the walls of your arteries more narrow, which can lead to CRVO.

Disease can stiffen the walls of your arteries, which in turn compress the main vein and lead to CRVO.

Source: <https://www.aao.org/eye-health/diseases/what-is-central-retinal-vein-occlusion>