

# Ophthalmology Grand Rounds 2026

## Central Serous Chorioretinopathy: Stress, Steroids and a Leaky Choroid

**January 14, 2026 – 7:00 AM**  
**Alvernon Offices 252 / Zoom**

### **Overall Activity Objectives:**

- 1 Diagnose complex ophthalmic conditions using the latest diagnostic technologies.
- 2 Perform advanced surgical procedures with increased precision and confidence.
- 3 Manage a wide range of ocular diseases with updated treatment protocols.
- 4 Screen patients effectively for early signs of eye diseases and conditions.
- 5 Counsel patients on the best practices for eye health and post-surgical care.
- 6 Implement evidence-based practices in daily clinical work.
- 7 Utilize new diagnostic tools and equipment proficiently.
- 8 Evaluate patient outcomes to continuously improve treatment strategies.
- 9 Collaborate effectively with multidisciplinary teams in patient care.
- 10 Educate patients about preventive eye care and lifestyle adjustments.
- 11 Interpret the results of advanced imaging studies accurately.
- 12 Administer the latest pharmaceutical treatments for various eye conditions.
- 13 Develop personalized treatment plans based on the latest clinical guidelines.
- 14 Conduct comprehensive eye examinations with enhanced skill.
- 15 Integrate new research findings into clinical practice.
- 16 Recognize and address complications promptly and effectively.
- 17 Enhance surgical techniques through hands-on practice and feedback.
- 18 Apply critical thinking to solve complex clinical cases.
- 19 Mentor junior residents and colleagues in the latest ophthalmic practices.
- 20 Advocate for patients' eye health and access to the latest treatments.

### **Session Objectives:**

- 1 Discuss the differential diagnosis of acute vision loss in an otherwise healthy individual.
- 2 Review relevant clinical findings and imaging associated with retinal edema.
- 3 Distinguish varying types of retinal findings in serous retinopathy.
- 4 Compare common tests for workup of serous retinopathy.
- 5 Apply the gold standard tests for diagnosis of central serous chorioretinopathy (CSCR).
- 6 Identify common yet reversible causes for CSCR.
- 7 Discuss best practices for medical, procedural, and surgical management of CSCR.

### **Accreditation Statement:**

The University of Arizona College of Medicine - Tucson is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Arizona College of Medicine - Tucson designates this Live Activity for a maximum of 1.50 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### **Relevant Financial Relationships Statement(s):**

University of Arizona College of Medicine - Tucson Office of Continuing Medical Education adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CME activity, including faculty, planners, reviewers or others are required to disclose all financial relationships with ineligible entities

(commercial interests). The CME office reviewers have nothing to disclose. All relevant financial relationships have been mitigated prior to the commencement of the activity.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Todd W Altenbernd, MD	Planning Committee Member	Nothing to disclose - 10/30/2025
Jonathan Holmes, MD	Planning Committee Member	Nothing to disclose - 10/16/2025
Igor Kozak, MD, PhD	Activity Director	Nothing to disclose - 10/20/2025
Avery Sears, MD, PhD, Ophthalmology Resident	Faculty	Nothing to disclose - 05/23/2025



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