

PRESS RELEASE

Ophthalmology team reveals new insights into rare eye lymphoma and advocates for tailored treatments and improved multidisciplinary collaboration

(Hong Kong, 4 February 2026) – **A study by the ophthalmology team from Prince of Wales Hospital and Alice Ho Miu Ling Nethersole Hospital in Hong Kong provides important insights into the diagnosis and treatment of primary vitreoretinal lymphoma, a rare and aggressive eye cancer often misdiagnosed as chronic uveitis (eye inflammation). The research underscores how multidisciplinary collaboration may facilitate more timely diagnosis and earlier treatment, along with the value of more personalised treatment approach. The study was recently published in the *Hong Kong Medical Journal*.**

The study identified 10 patients (17 affected eyes) over a decade. The majority were women (70%) and half were under age 59 years. Three had disease confined to the eye, while seven also had involvement of the brain or spinal cord. In over half of the cases, eye symptoms were the first to appear, emerging about 13 months before any neurological signs. Both eyes were affected (70%), with blurred vision (90%) and floaters (30%) as the main symptoms. Vitreous opacity was observed in all patients, with nearly half had tumour cells deep beneath the retina (47%). When both the eye and nervous system were involved, the prognosis was poor, with a median survival of 1 to 2 years.

Establishing a definitive diagnosis through biopsy remains challenging. In one case, it took 21 months to collect sufficient evidence to confirm lymphoma and initiate chemotherapy. The study suggests that in patients with high clinical suspicion, incorporating more advanced tests such as flow cytometry and genetic analysis, can substantially improve diagnostic precision. The authors therefore advocate for close collaboration among ophthalmologists, oncologists, and cytopathologists to expedite the diagnosis.

Researchers found that patients achieved remission with an average of five intraocular chemotherapy (methotrexate) injections, compared with the standard protocol of 25 injections, thereby lowering the risk of ocular side-effects. Notably, the study also identified that surgical removal of the vitreous alone may result in remission up to 29 months, offering an alternative for those who are frail or resistant to repeated intraocular injections.

‘The study shifts the paradigm from intensive, fixed protocols toward a personalised, stepped-care model,’ concluded the authors. They emphasise the importance of collaborative care to navigate diagnostic complexity and implement patient-centred strategies that preserve both vision and quality of life.



The article “Diagnostic challenges and treatment outcomes of primary vitreoretinal lymphoma in Hong Kong” was published in the *Hong Kong Medical Journal*.
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新聞稿

眼科團隊研究揭示罕見眼內淋巴瘤新見解 倡導個人化治療並加強跨專科部門協作

(香港, 2026年2月4日) — 香港威爾斯親王醫院及雅麗氏何妙齡那打素醫院眼科團隊發表一項病例系列研究, 為原發性玻璃體視網膜淋巴瘤的診斷與治療提供了重要見解。這種罕見且具侵襲性的嚴重眼癌常被誤診為慢性葡萄膜炎(眼部發炎)。研究指出, 加強跨專科協作有助及早診斷, 使患者更早接受治療, 同時推動更個人化的治療方案。該研究最近已於《香港醫學雜誌》發表。

研究在十年間共識別出 10 名患者 (共 17 隻眼發病)。患者以女性為主 (70%), 半數確診時未滿 59 歲。其中 3 名患者的病變僅限於眼部, 另外 7 名則同時累及腦部或脊髓。超過半數病例中, 眼部症狀最先出現, 早於中樞神經系統發病約 13 個月。雙眼發病較常見 (佔 70%), 主要症狀包括視力模糊 (90%) 和飛蚊症 (30%)。所有病例均出現玻璃體混濁, 另外近半數 (47%) 可見淋巴瘤轉移至視網膜下。眼部與神經系統同時受累的患者預後較差, 平均存活率期為 1 至 2 年。

透過活檢診斷這類淋巴瘤仍具挑戰性, 其中甚至有個案需時長達 21 個月才可確診及制定治療方案。研究指出, 若對患者有高度臨床懷疑, 於玻璃體活檢樣本中加入先進檢測方法, 例如流式細胞術和基因分析, 能大幅提升診斷的準確性與效率。研究團隊呼籲眼科、腫瘤科及細胞病理科醫生加強合作與協調, 以加快診斷流程。

研究人員發現, 部分患者平均僅接受約 5 次玻璃體內甲氨蝶呤注射 (相對於標準療程需達 25 次) 已能緩解病情, 從而降低眼部副作用的風險。研究亦指出, 單靠玻璃體切除術亦可能為個別患者帶來長達 29 個月的緩解期, 為體弱或不適合反覆接受眼內注射的患者提供了另一項治療選擇。

作者總結道: 「相較於傳統密集式的眼內注射方案, 更個人化及病情主導的治療模式亦能達到相近療效。」他們強調, 跨專科的協作對於處理診斷上的複雜性, 以及實踐以病人為本、兼顧視力與生活品質的治療策略皆至關重要。

詳細內容可參閱原文《香港原發性玻璃體視網膜淋巴瘤的診斷挑戰及治療成效》。

Source: Arnold SH Chee, Andrew CY Mak, KW Kam, et al. Diagnostic challenges and treatment outcomes of primary vitreoretinal lymphoma in Hong Kong. Hong Kong Med J 2026;32:Epub 4 Feb 2026. <https://doi.org/10.12809/hkmj2412293>.

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