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Maculopathy Detection and Recommendation using Machine Learning

Gagana D B[1, *], Sanjana K M[2], Sinchana S[3], Sneha C M[4], Arjun U[5]

Abstract

Maculopathies, a diverse group of eye diseases affecting the central portion of retina, the macula, are a leading cause of vision loss globally. Early detection and accurate diagnosis are critical for timely intervention and preventing irreversible vision loss. However, traditional methods as manually detecting the disease are time- consuming, tiring and often lack sensitivity and specificity, hindering optimal patient care. Here we delve into the applications of machine learning and other deep learning algorithms for analyzing retinal images including optical coherence tomography (OCT). We explore how machine learning algorithms can automatically extract subtle features and patterns from retinal images, enabling accurate differentiation between healthy and diseased maculas, as well as classifying specific maculopathy conditions. This work showcases the most common retinal diseases, provides an overview of the prevalent imaging modalities, and presents a critical evaluation of current deep-learning research for the detection and diagnosis of drusen, diabetic macular edema (DME) and choroidal neovascularization (CNV). For the model, we proposed residual neural network (ResNet), a convolutional neural network which allows high performance in image recognition. The deep learning model is structured so that learning takes place on a hierarchical set of representation and to update the network weights more efficiently we used Adam (adaptive moment estimation) optimization algorithm, which is an extension to Stochastic Gradient Descent (SGD) and is used instead of classical SGD. Overall, all the methods represents a significant advancement in disease detection and diagnosis using OCTs, and has the great potential to assist the healthcare professionals and clinicians in informed decision-making, the early intervention to disease, and personalized treatment optimization.

Keywords: Maculopathy diagnosis, Optical Coherence Tomography (OCT), Machine Learning, Drusen, DME, CNV, ResNet.

INTRODUCTION

Millions of people are affected by retinal abnormalities worldwide and, if not diagnosed and treated early, may result in vision loss. The macula, a tiny region at the center of the retina, is responsible for sharp central vision. Detecting and diagnosing diseases affecting the macula, collectively known as maculopathies, is crucial for preventing vision loss. However, traditional methods often face limitations in accuracy, sensitivity, and speed. This is where machine learning (ML) emerges as a transformative tool, offering a paradigm shift in maculopathy detection and diagnosis. Maculopathies like diabetic macular edema (DME), Choroidal neovascularization (CNV) and drusen waiting to shroud our world in darkness. Early and precise diagnosis is crucial for timely intervention and preventing irreversible damage.

***Author for Correspondence**
Gagana D B
E-mail: gaganadb17@gmail.com

[1,2,3,4]Student, Department. of Computer Science and Engineering, PES Institute of Technology and Management Shivamogga, Karnataka
[5]Associate Professor and Head, Department. of Computer Science and Engineering PES Institute of Technology and Management, Shivamogga, Karnataka

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Traditional methods like fundus photography lack sensitivity and specificity, leading to misdiagnosis and delayed treatment. Experienced ophthalmologists make use of retinal images captured by either fundus cameras or Optical Coherence Tomography (OCT) to detect the presence or absence of each retinal disease. This manual process is time-consuming, tedious, and making the reproducibility of such diagnoses hard to achieve. Healthcare in underdeveloped countries stumbles [16].

Let's get to know the maculopathy conditions studied. Drusen are the yellow deposits of cellular debris under the retina, which is made up of lipids and proteins. They are more prevalent among women than men and can be found in mostly older adults who are aged over 60. A few small drusen are safe. However, several large ones may indicate an early stage of age-related macular degeneration (AMD), a disease that affects the macula. Diabetic Macular Edema (DME) is blurry vision that is caused by fluid buildup in the macula, a part of the eye vital for sharp sight. It arises from diabetes damaging the blood vessels in the retina. In some cases, abnormal new blood vessels grow under the retina due to AMD, and this is called Choroidal neovascularization (CNV) condition. And these new blood vessels can leak fluid or blood, further worsening eye vision. Through a critical analysis of current literature and empirical findings, we highlight the strengths and limitations of ML-based approaches in maculopathy detection. Additionally, we elucidate the ethical considerations surrounding the deployment of these technologies in clinical practice, emphasizing the importance of transparency, fairness, and patient consent. Ultimately, this research endeavors to contribute to the burgeoning field of ML-driven healthcare by elucidating its potential to revolutionize maculopathy diagnosis and management. By bridging the gap between technological innovation and clinical practice, we aspire to empower healthcare providers with cutting-edge tools for early detection, personalized treatment planning, and improved patient outcomes [17-19].

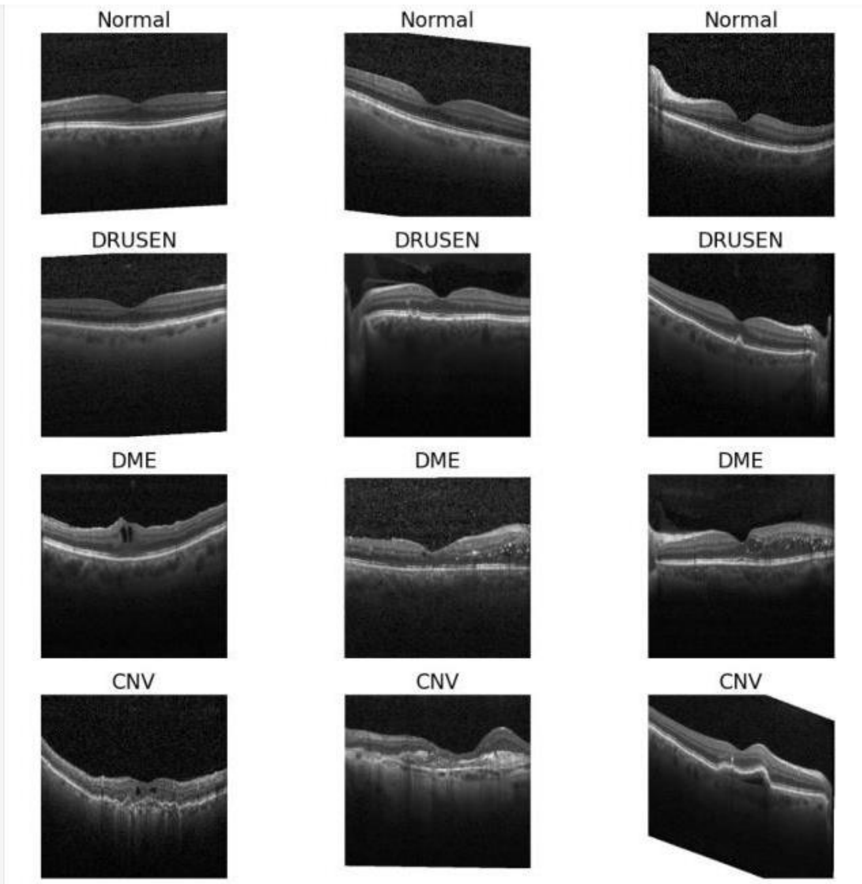

Figure 1. Typical OCT images of retinal component of different classes of maculopathy effects along with healthy retina in humans.

In figure 1. Shows the typical OCT images of component of different classes of maculopathy along with healthy ratina in humans. Medical specialists, like distant stars, remain out of reach for many, especially in the rural region; medical basic infrastructure itself is losing its quality. This paves the way for automatic detection of maculopathy diseases, provided the detection accuracies that match or surpass the human expert's accuracy. Automatic detection with machine learning algorithms, particularly deep learning, can analyze vast amounts of retinal images, automatically extracting subtle features and patterns as an assistive technology to reduce the burden of the few overstretched ophthalmologists around the globe.

LITERATURE SURVEY

The papers cover a range of maculopathies, including Diabetic Macular Edema (DME), Choroidal Neovascularization (CNV), Age-Related Macular Degeneration (AMD), and myopic maculopathy (MM). Some studies focus on automated screening and diagnosis, while others explore specific lesion detection or feature extraction.[5][1] Deep learning, particularly convolutional neural networks (CNNs), is the dominant approach. Several variations are employed, including transfer learning, custom network. architectures, and ensemble models. Some studies also utilize traditional machine learning methods like KNN [6]. Data sources include fundus images, optical coherence tomography (OCT) scans, and a combination of both. Dataset sizes vary, with some limitations acknowledged regarding representativeness and generalizability. Reported accuracy levels are generally good in several cases. The studies highlight the potential of these methods for improving early detection and diagnosis, potentially leading to better patient outcomes. Study involves emphasizing the advantages of cost-effective anti-VEGF therapy for DME and ongoing research exploring alternative targeting pathways.[8] And demonstrating the effectiveness of deep learning and image augmentation for maculopathy detection in fundus images, highlighting the potential for improved sensitivity and specificity. [9]Some also have introduced a deep learning algorithm for AMD severity prediction based on color fundus photographs, achieving high accuracy and demonstrating the utility of ensemble models and developing a transfer learning-based deep learning algorithm for MM classification using OCT images [4][10], exhibiting excellent performance and potential for clinical application and employing radiomics analysis to mine MM-related features, contributing to a more comprehensive understanding of the disease and potentially aiding early detection is also achieved. And developing an interpretable AI system for identifying MM changes in OCT images, providing heatmaps for visual explanation and potentially reducing ophthalmologist workload is led. While proposing a deep learning methods for early detection of conditions like AMD and DME, specifically trained on OCT images without relying on transfer learning is also effective along with [2] CNN-based multiclass classification system for retinal type diseases using the SD-OCT images, achieving high accuracy with a focus on preprocessing and transfer learning. Some study says developing a deep learning system for automatic detection of MM and its associated lesions in fundus images [3], showcasing potential for screening and diagnosis, particularly in regions with limited specialists is tried to make it good enough to use it. In conclusion, the reviewed studies showcase the significant potential of deep learning and image analysis techniques for the early detection and classification of various maculopathies. [7] While promising advancements have been made, challenges remain in areas like interpretability, data limitations, and generalizability. Our research addresses these challenges by analyzing large datasets and choosing the best model. The findings have the potential to improve the impact of our methods and pave the way for further advancements in maculopathy diagnosis [11-15].

PROPOSED WORK

This project proposes a novel machine learning-based system that leverages the accurate detection capabilities of techniques and architectures to generate personalized treatment recommendations for maculopathy patients. We have trained on a comprehensive dataset that we have prepared by resizing and augmenting the labeled OCT images representing various maculopathy conditions. ResNets have emerged as a powerful tool for maculopathy detection, demonstrating high accuracy in classifying the OCT images. While accurate detection is essential, treatment decisions require comprehensive personalized analysis beyond just the diagnosed condition. Existing maculopathy treatment recommendation systems often lack data-driven personalization and struggle to handle complex treatment pathways. The pre-trained model we are training is ResNet model, that will be used for initial disease detection in OCT images. Features extracted from the ResNet activations will be combined with patient data as input to the treatment recommendation module. The recommendation module will employ the Adam optimization algorithm to effectively learn patterns from the combined ResNet features and patient data, predicting the most beneficial treatment options and their expected outcomes. The Adam optimization algorithm was chosen due to its demonstrated ability to efficiently converge to optimal solutions in deep learning models [2]. It excels in handling sparse gradients and noisy problems, making it well-suited for the complex task of treatment recommendation in maculopathy management. The system will generate personalized treatment plans tailored to each patient's unique presentation and medical background which includes prioritizing treatment options based on previous medications and its effects, accounting for patient preferences and lifestyle considerations, providing estimated outcomes and risk profiles for different treatment choices.

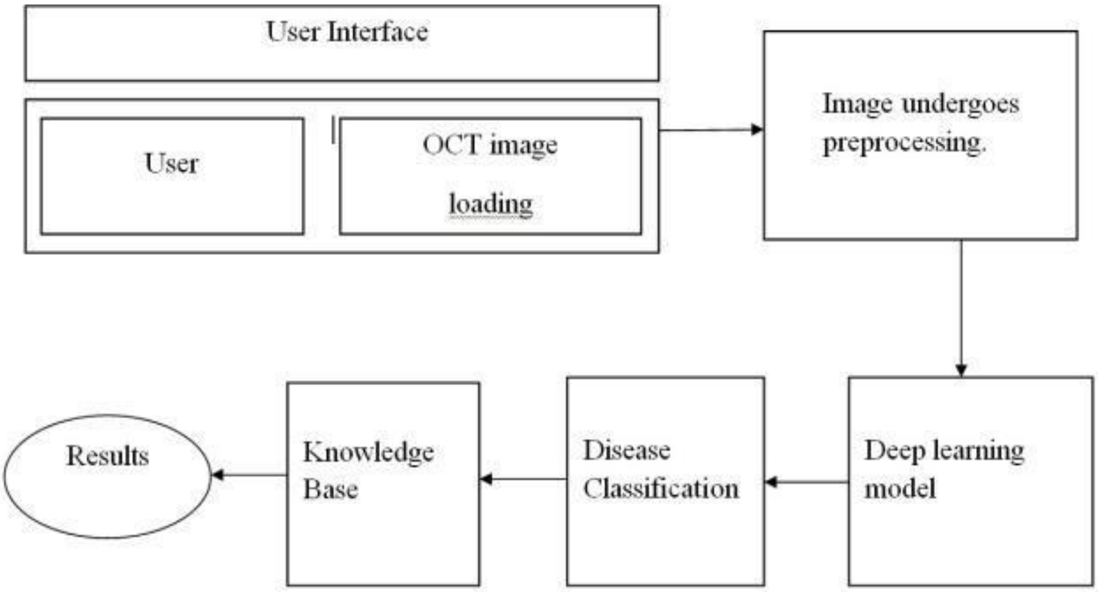

Figure 2. System Design.

The system's effectiveness will be evaluated through extensive testing on real-world clinical data and continuous monitoring of system performance and data-driven updates to enhance recommendation accuracy over time.

And this proposed system is not a replacement for an expert but a supporting system for ophthalmologists, so the system will be designed for seamless integration into existing clinical workflows. Healthcare providers will have access to visualizations of recommended treatment options and their rationale and the ability to adjust or override recommendations based on their clinical expertise and patient context.

METHODOLOGY

This section delineates the procedures and techniques employed to develop a machine learning-powered personalized treatment recommendation system for maculopathy, integrating accurate ResNet-based disease detection with patient-specific factors. We first describe the data sources and their Pre-processing techniques.

We load the dependencies and data and explore the dataset to look at its structure. The dataset we collected consists of around 84,000 images. And we prepared the large dataset by resizing and augmenting it for comprehensive representation of the ideal dataset. And coming to the architecture we choosed pre-trained ResNet for disease detection which performs inherent feature extraction for disease classification in OCT images with good performance. We perform transfer learning before model training and evaluation. The Adam which is adaptive moment estimation optimization algorithm, that we used in this work, is an extension to the Stochastic Gradient Descent also known as SGD and can be used instead of classical SGD to update the network weights more efficiently. Features extracted from the ResNet activations will be combined with patient data as input to the treatment recommendation module. We also explored other ResNet models that have different number of layers such as 34, 101. We noticed that there was a drastic increase of computation time due to number of layers in it increased and as well as a very slight potential improvement of the performance in terms of accuracy and F1 score as it has well managed and reliable network structure. After detection we will collect the patient's medical history if any and recommend the treatment plan based on that. The following figure 3. depicts the workflow in our study we carry out.

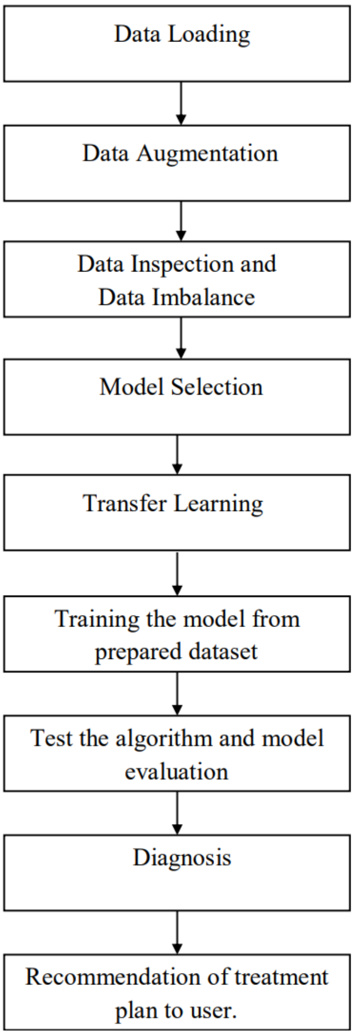

Figure 3. Workflow of methods.

RESULTS

In our study, a pre-trained ResNet model achieved an accuracy of 0.98 for classifying maculopathy stages in OCT images. Performance metrics such as accuracy and F1 score will be demonstrated exceeding benchmarks in comparison with existing research if applicable is shown in figure 4-5. Future work will explore additional modalities, paving the way for personalized maculopathy management built upon accurate image classification.


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Epoch [1], train_loss: 0.5620, train_acc: 0.7941, val_loss: 0.5582, val_acc: 0.8067
Epoch [2], train_loss: 0.4493, train_acc: 0.8377, val_loss: 0.4560, val_acc: 0.8281
Epoch [3], train_loss: 0.4134, train_acc: 0.8554, val_loss: 0.3994, val_acc: 0.8523
Epoch [4], train_loss: 0.4095, train_acc: 0.8582, val_loss: 0.4171, val_acc: 0.8526
Epoch [5], train_loss: 0.3849, train_acc: 0.8629, val_loss: 0.3953, val_acc: 0.8624
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Figure 4. Output of model evaluation.

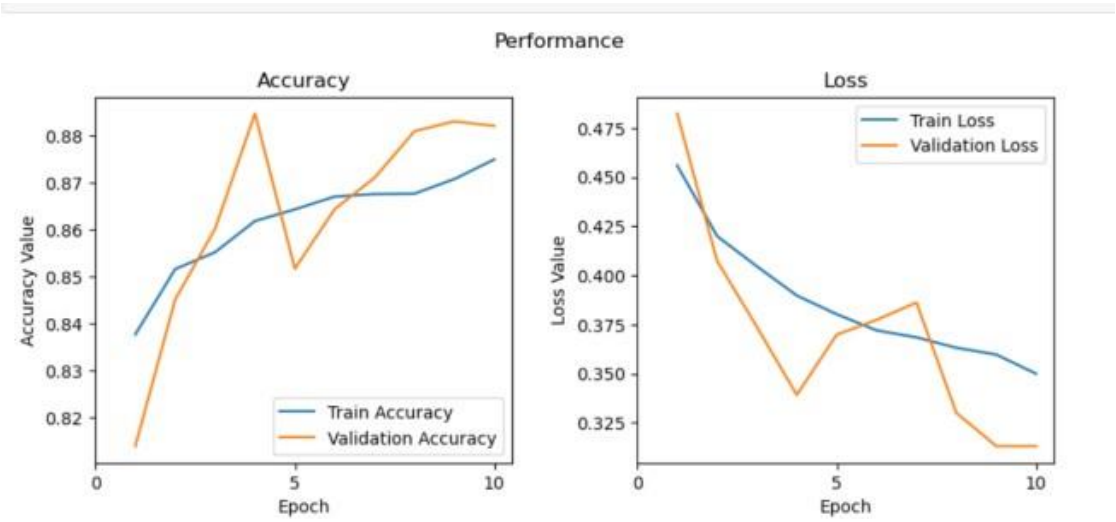

Figure 5. Accuracy and Loss plots of model.

CONCLUSION

This proposed machine learning-powered treatment recommendation system, built upon the foundation of accurate ResNet detection, holds the potential to revolutionize maculopathy management by delivering personalized, data-driven, and flexible treatment plans for improved patient care and outcomes. This framework paves the way for further research and development in personalized medicine, providing potential preventive measures to avoid further disease progression contributing to advancements in maculopathy management and potentially other complex medical fields.

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