PURPOSE: To examine central choroidal and macular thickness in healthy Turkish subjects using spectral-domain optical coherence tomography (SD-OCT).

METHODS: Three hundred eyes of 150 subjects with no retinal or choroidal disease and refractive error underwent high-definition raster scanning using SD-OCT with frame enhancement software. Choroidal thickness was measured from the posterior edge of the retinal pigment epithelium to the choroid/sclera junction. Furthermore, the central foveal thickness was also measured at this time.

RESULTS: The mean age of the subjects was 36.8 (range, 29 to 41) years. All eyes had normal foveal contour with no retinal pathology and no abnormalities of the choroid. The visual acuity in all patients was 1.0 Snellen lines. The mean choroidal thickness at the center of the fovea was 287.6 µm (range, 241 to 313). The mean central macular thickness was 215.4 µm (range, 179 to 252).

CONCLUSIONS: Choroidal and macular thickness may vary with location and this should be considered when evaluating choroidal and macular thickness.