Central Serous Chorioretinopathy in 3 Siblings

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Background

- Central serous chorioretinopathy (CSCR) is the fourth most common retinal disease.[1] It is characterised by subretinal fluid (SRF) accumulation, which results in central visual disturbance when located subfoveally.
- The main risk factors for CSCR are systemic corticosteroid use, type A personality, pregnancy and endogenous Cushing's syndrome.[2]
- CSCR has been described in families, however there are limited reports. Some genetic associations have been reported.[3,4,5,6]

Method

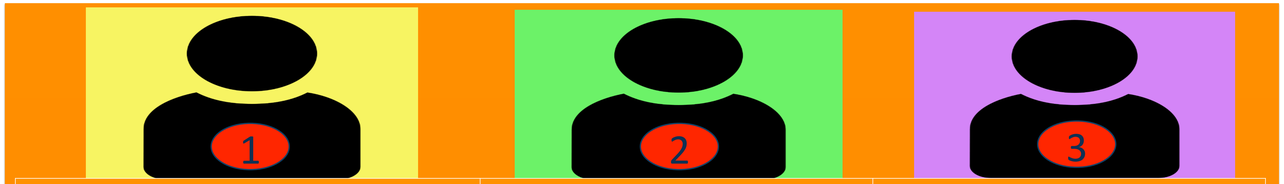
- Case series of 3 adult siblings diagnosed with CSCR at Hereford County Hospital.
- Diagnosis was made on clinical examination, ocular coherence tomography (OCT) and fundus fluorescein angiography (FFA). Retrospective data collection from patient notes and OCT imaging software.

Results

- One female and two male siblings with a mean age of 48 years old at presentation were found to have signs suggestive of CSCR. Signs included evidence of both subretinal fluid and pachychoroid (subfoveal choroidal thickness > 300µm) on OCT and/or leakage of fluorescein on FFA. In the female, CSCR was also found to be present in the fellow eye..

Conclusion

- CSCR has previously been found to be associated with psychological and pharmacological risk factors, amongst others. It is possible that a similar pathophysiological response within families to these factors are partly responsible for the presence of CSCR in siblings.
- Within the last few years, genomic analysis has also suggested the possibility of a hereditable component to CSCR. It may be possible in the future to refer our patients for genetic testing.



44 y/o female	52 y/o male	49 y/o male
Bilateral CSCR	Unilateral CSCR	Unilateral CSCR
Initial VA OD 6/12, OS 6/6	Initial VA 6/9	Initial VA 6/18
No risk factors identified	No risk factors identified	No risk factors identified
Recurrent	Recurrent	Recurrent
3 sessions micropulse laser	Self-resolved	Self-resolved
11 years follow up	6 years follow up	1 year follow up
Final VA OD 6/12, OS 6/6	Final VA 6/6	Final VA 6/6
Final choroidal thickness (µm) OD 420, OS 459	Final choroidal thickness (µm) 562	Final choroidal thickness (µm) 451
Referred for PDT	Discharged	Lost to follow up

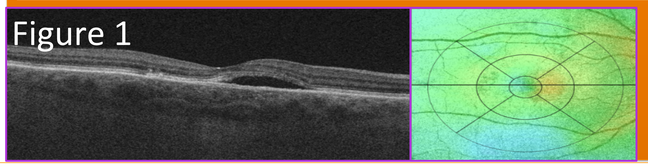


Figure 1: Female patient OCT LE showing pachychoroid sub retinal fluid and areas of retinal thinning
Figure 2: Female patient. FFA showing multifocal leak in chronic CSCR



Referemces
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