



A rare case of central serous retinopathy complicating pregnancy

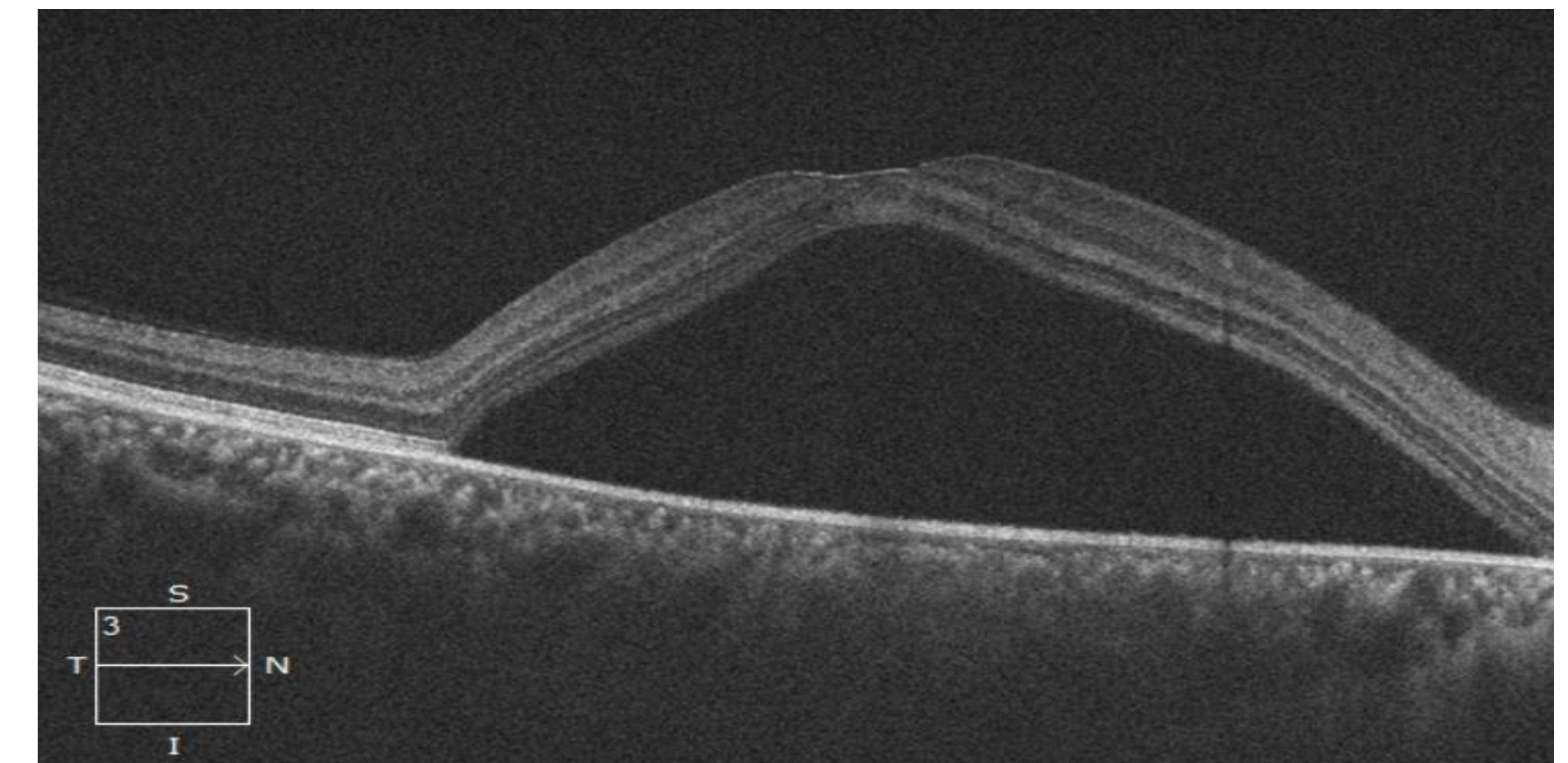
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Objective

- Central serous chorioretinopathy(CSR) is a disorder characterized by a local serous detachment of the neurosensory retina at the macula, secondary to leakage from the choriocapillaries through one or more hyper-permeable retinal pigment epithelium (RPE) sites.
- The leakage manifests as an accumulation of extravasated fluid in the subretinal space and separates the neurosensory retina from the RPE.
- Although rare ,pregnancy is a cause for this condition and number of other risk factors have also been reported to be associated with the condition including stress, steroids, Cushing's syndrome, hypertension, systemic lupus erythematosus, antibiotic and alcohol use, and allergic respiratory disease. Increase in endogenous corticosteroid levels ,increased blood volume and other hemodynamic changes that occur during pregnancy may be implicated in the development of CSR.
- We report a case of CSR which occurred due to pregnancy. There are only few cases reported on this condition

Case Report

- Our patient is a 27 year old woman with an uncomplicated antenatal history presented at period of gestation of 22 weeks with a four day history of blurring of vision followed by a visual scotoma in the right eye.
- There was no history of ocular trauma or use of long term drugs like corticosteroids.
- There were no clinical features suggesting pre eclampsia. Investigations done to exclude pre eclampsia and autoimmune conditions were found to be normal.
- Ocular examination revealed that visual acuity was reduced to 6/24 .
- Fundoscopic examination showed a circumscribed elevation of the retina. Then Optical Coherence Tomography (OCT) was performed which showed a serous retinal detachment in the macula confirming the diagnosis of CSR.
- As no other risk factors were identified the condition was managed conservatively and the patient was reassured. She was closely followed up and was reassessed in one month time .By that time her symptoms were gradually improving and the visual acuity was 6/12. Repeat OCT confirmed reduction in the detachment indicating spontaneous improvement
- .At the time of delivery , her symptoms were completely improved.



Discussion

- Although rare, SCR can occur in pregnancy due to physiological changes even without any other known risk factors. It should be considered as a differential diagnosis in patients with visual disturbances and scotoma.
- Only a limited number of case reports are available on this topic and more evidence is needed regarding optimal management and identifying risk factors.