

CENTRAL SEROUS RETINOPATHY

Central serous retinopathy, begins for reasons that are not well understood. In this condition, fluid accumulates in the membrane behind your retina, called the choroid. This fluid seeps in between tissue layers in the retina and causes them to separate, resulting in blurred vision or poor night vision. This condition usually affects males between the ages of 20 and 50, but women also can get this condition. A person who develops this retinopathy is more likely than average to have been exposed to certain treatments or to have had certain medical problems, so these treatments and conditions are suspected to be possible triggers. Suspected triggers include steroid medicines, pregnancy, antihistamines, antibiotics, alcohol abuse, nasal allergies, asthma, autoimmune problems and untreated high blood pressure. It is not clear whether emotional stress also may trigger this form of retinopathy, although some experts suspect a link.

Symptoms include:

- Blurred or dim vision, sometimes coming on suddenly
- Blind spots
- Distorted shapes
- Reduced visual sharpness

An Ophthalmologist uses an ophthalmoscope to detect clear fluid that has seeped between one layer of the retina and another. Fluid between these layers can resemble bubbles on the retina, visible with an ophthalmoscope. Sometimes, Ocular Coherence Tomography (OCT) is necessary to confirm the diagnosis.

Most cases go away without any treatment within three to four months. Full vision can return within six months.

However, about one-third to one-half of all patients have recurrences after the first episode of the disease; 10 percent have three or more recurrences.

Because the possible causes of this disease are still not understood, prevention is difficult.

This condition usually goes away on its own, but an ophthalmologist should monitor you closely for three to six months to make sure the condition improves. If it does not, laser treatment may be used to speed healing.

Lasting symptoms can include distortion, decreased contrast sensitivity and difficulty with night vision. It's common for this condition to return.