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Choroidal osteoma with CNVM – Successful treatment with laser photocoagulation

Mohammad Afzal Mahfuzullah

Bangabandhu Sheikh Mujib Medical University, Bangladesh

Purpose: A choroidal osteoma is a rare benign choroidal tumor involving the peripapillary and macular areas of young healthy subjects with very slow growth and often with an acute decrease in vision. The main causes of this sudden decrease in vision are a serous macular detachment or a subretinal hemorrhage, with or without choroidal neovascularization (CNV). A definitive treatment for the CNV associated with a choroidal osteoma has not been established like photocoagulation, Intravitreal Anti VEGF, surgical removal of the CNV, photodynamic therapy (PDT) and transpupillary thermotherapy.

Case Report: Thirty nine years old healthy man presented with the complaints of painless blurred vision in his both eyes for 3 month. On examination, visual acuity was 3/60 in his right eye and 6/60 in his left eye. Fundus examination in both eyes shows a flat, opaque, yellowish parapapillary choroidal lesion. In case of left eye there is grayish membrane associated with minimal subretinal fluid suggestive of a CNVM, B-scan ultrasonography in both eyes revealed findings consistent with a choroidal osteoma. Fundus fluorescein angiography of the left eye revealed a relatively well-defined area of hyperfluorescence that increased in size and intensity in the later phases suggestive of active extrafoveal CNVM, Optical coherence tomography confirmed the extrafoveal CNVM with subfoveal fluid, On the other hand in right eye there is no sign of CNVM other than calcification. He was treated with laser photocoagulation in his left eye.

Results: On every 6 month follow up visit, vision in his right eye is sustained to 3/60 & in his left eye is 6/12 from 2011 to till date. The FFA and OCT in left eye revealed a resolved CNVM. Treatment with laser photocoagulation may be an effective alternative in the management of CNVM secondary to choroidal osteoma.

Conclusions: The long term visual prognosis without therapy is not good, our findings indicate that laser photocoagulation prevents a decrease of vision in the short and long-term in a eye with a choroidal osteoma with CNV which is less invasive & cost effective procedure in a developing country like Bangladesh.

Biography

Mohammad Afzal Mahfuzullah has completed his MBBS at the age of 25 years from Chittagong Medical College and achieved postgraduate degree MCPS & FCPS in Ophthalmology from Bangladesh College Of Physician & Surgeons, Dhaka, Bangladesh. He is appointed as Medical Officer in Department of Ophthalmology in Bangabandhu Sheikh Mujib Medical University, Dhaka since 2011. Currently, he is deputed to Ispahani Islamia Eye Institute & Hospital, Dhaka Bangladesh as a long term fellow in vitreo-retina department

afzalmahfuzullah@yahoo.com

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