

Correlation between pregnancy and eye blindness (Valsalva retinopathy)

ABSTRACT

Eye diseases during pregnancy can be classified according to the cause of disease as the disease can be pregnancy-induced or due to presence of pre-existing eye disorder or due to normal physiological changes with pregnancy. Here, we have a case of Valsalva retinopathy which demonstrates a condition resulting from increase in the intra-abdominal and intra-thoracic pressures owing to multiple bearing-downs in normal labour due to bad management of the process of normal labour. Ophthalmologists plus obstetricians play a great role in prevention and diagnosing Valsalva retinopathy. Prevention could be managed through curbing the patient from straining and by proper management of normal labour so pregnancy is a risk factor for Valsalva retinopathy.