

8th Article

Evaluation of the Changes in choroidal thickness in patients with central serous chorioretinopathy as measured by optical coherence tomography

Authors

Shereen Hassan Sadek .lecturer Ophthalmology Department, Fayoum University

Mohamed Abdel Hamid Nassif, .lecturer Ophthalmology Department, Fayoum University

Ragai Magdy Hatata.lecturer Ophthalmology Department, Fayoum University

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Purpose: To study the changes in choroidal thickness in CSCR over a 3 months follow up using enhanced depth OCT.

Methods: This prospective study included 60 eyes; both eyes of 20 patients (mean age 33.65 ± 5.24 years) with classic acute unilateral CSCR and normal fellow eye and 20 eyes as healthy controls. Fluorescein angiography and optical coherence tomography were done. The subfoveal choroidal thickness (SFCT), central macular thickness (CMT), 1000 μm temporal and nasal to the centre of the fovea and the subretinal fluid were measured

Results: There was a statistically significant difference in SFCT among the three groups at the three different locations. SFCT in eyes with CSCR ($372.40 \pm 34.39 \mu\text{m}$) was significantly greater than that in each of the unaffected fellow eyes ($302.10 \pm 8.9 \mu\text{m}$) and control eyes ($279.80 \pm 14.49 \mu\text{m}$) at the base line and after 3months follow up. The mean CMT in CSCR was $317 \pm 141.86 \mu\text{m}$, with a statistically significant positive correlation between SFCT and CMT.

Conclusion: The increase in the choroidal thickness at different locations as well as hyper-dilated and hyper-permeable vessels known as “pachychoroid” seems to play an important role in a broad spectrum of diseases that includes CSCR.