



Optic disc pit with sub RPE detachment simulating choroidal osteoma

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PURPOSE

The case report describes a rare finding of sub-RPE fluid secondary to a congenital optic disc pit.

METHODS

Information was obtained through medical records and literature review.

RESULTS

DES, 61 years old, female, reports progressive low visual acuity in the left eye for 6 months. On examination, visual acuity was 1.0 in the right eye and 0.6 in the left eye. Intraocular pressure of 13/14mmHg. Colored retinography from 2022 shows tilted papilla with inferior absence of nerve fiber layers compatible with optic pit, inferior peripapillary and papillomacular bundle serous detachment in the left eye. The OCT detected the presence of sub RPE fluid. Choroidal osteoma was investigated, which was ruled out by ultrasound without detectable calcifications.

DISCUSSION

Optic nerve pit is a congenital defect secondary to a disturbance in the development of the primitive epithelial papilla in embryogenesis. They are unilateral in 95% of cases, more common in the inferior temporal quadrant of the nerve head. They are often associated with visual field defects with visual acuity usually unaffected unless there is macular involvement such as serous retinal detachment, retinal schisis, or cystoid macular edema. The mechanisms of subretinal fluid accumulation are still not well understood. The most likely sources are fluid from the vitreous cavity and subarachnoid space (CSF). Retinal detachments usually extend into the macular region and are usually shallow. Subretinal fluid or macular schisis are complications that can be detected with an optical coherence tomography scan. The first modality of treatment is observation if there is no macular involvement. If the macula is affected, peripapillary laser therapy may be preferred. Another option is to perform pneumatic retinopexy in association with laser photocoagulation or pars plan vitrectomy with or without internal limiting membrane peel. The prognosis of optic disc pit depends on the clinical findings and its complications.

