

Central Serous Retinopathy

Central serous retinopathy (CSR) or central serous choroidopathy, is a blister that develops under the retina, the light-sensitive nerve layer that lines the back of the eye. The leakage blurs, or distorts vision and can cause some missing spots. Usually the effects are temporary and vision generally recovers on its own within six months but often leaves some mild.

With CSR, vision may suddenly become blurred and dim, usually in one eye. If the **macula** (the area of the retina responsible for central vision) is not affected, there may be no obvious symptoms. Diagnosis is confirmed and followed with OCT and fluorescein and ICG angiography, dilated fundus exam, color photos and visual field testing.

CSR typically affects adult males under 50. Some people with frequent episodes may have some permanent vision loss. Recurrences are common and can affect 20% to 50% of people with CSR. While the cause of CSR is unknown, it may be stress related and steroids can precipitate it.

CSR usually resolves on its own, so no treatment may be necessary. Sometimes laser surgery can reduce the swelling sooner, but the final visual outcome is usually about the same. If retinal swelling persists for more than three or four months, or if an examination reveals early retinal degeneration, thermal or photodynamic laser surgery (PDT) may be helpful.

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