

Central Serous Chorioretinopathy

Central serous chorioretinopathy (CSCR) is a problem that affects the central portion of the retina, called the macula. A small break in the pigment layer of the retina allows fluid to seep through, causing a small detachment to form under the macula, almost like a water blister that forms on the skin. The fluid collected in the area causes distorted vision.

Symptoms

Patients who have CSCR report experiencing...

- ◆ Blurred vision in the center
- ◆ Wavy, distorted vision
- ◆ A blind spot in the center of their vision
- ◆ A wavy or gray zone in the center of vision

While many cases of CSCR clear up on their own, there are instances in which CSCR has led to moderate but permanent loss of central vision. If you are experiencing any of these symptoms, call us for an appointment immediately. We can diagnose CSCR with a painless examination of your retina.

Causes

The precise cause of Central Serous Chorioretinopathy is unknown, but the condition occasionally is linked to the use of antihistamines and oral and nasal steroids. CSCR is more common in men than women, in those ranging from ages 25 to 50 and in those with severe high blood pressure and blood disorders. Stress and the harried, pressured energy of Type A behavior is also linked to CSCR.

Treatment

Most patients with CSCR don't require treatment. The condition corrects itself as the fluid is gradually absorbed over a period of months.

In cases where visual recovery is delayed, laser treatment may be required to seal the leak and help your vision improve.