

Central Serous Retinopathy

What is Central Serous Retinopathy?

Central Serous Retinopathy is a build up of fluid under the retina. Fluid leakage is believed to come from a tissue layer with blood vessels under the retina, called the choroid. Another layer of cells called the retinal pigment epithelium (RPE) is responsible for preventing fluid from leaking from the choroid under the retina. When, for unknown reasons, tiny areas of the RPE become defective, fluid builds up and accumulates under the RPE, much as liquid in a blister collects under the skin. As a result, a small detachment forms under the retina, causing vision to become distorted.

What are the symptoms and causes of Central Serous Retinopathy?

Many patients first notice a minor blurring and distortion of the central vision. In addition to distorted central vision, your vision may also appear blurred or dim. You may have a blind spot in your central vision. You may also notice a distortion of straight lines in your affected eye, or objects may appear smaller or further away than they actually are. When you look at a white object, it may appear to have a brownish tinge or appear duller in color. The exact cause of Central Serous Retinopathy is unknown, although stress appears to be a factor in this condition.

Assessment for Central Serous Retinopathy

We are able to detect Central Serous Retinopathy during an examination by performing a dilated eye exam. Office testing including photography, OCT, and a special dye test called a fluorescein and indocyanine green angiography may be performed at your visit.

What is the treatment/outcome for Central Serous Retinopathy?

Central Serous Retinopathy usually resolves over time, and no treatment may be necessary. You will be scheduled for periodic dilated eye examinations to monitor this condition. If retinal swelling persists for over three to four months, or if an examination reveals early retinal degeneration, laser treatment may be helpful.

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