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DECODING THE ENIGMA OF SERPIGINOUS CHOROIDITIS

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Serpiginous Choroiditis is an inflammatory disease of the choroid that is bilaterally asymmetrical in presentation. This disease has witnessed a considerable evolution as far as its nomenclature, etiology and its morphological variations are concerned. This presentation shall strive to elucidate the nuances of Serpiginous Choroiditis and help decode the enigma pertaining to this disease.

Patients manifesting with the disease Serpiginous Choroiditis were diagnosed and followed up for a long term at our centre with Multimodal Imaging. Characteristic and distinguishing features of all imaging modalities were noted. Investigations and treatment for each and every patient was tailor customised. Detecting tuberculosis as the causative agent is the most important factor and relevant investigations were ordered for each patient. Those suspected to have Tubercular Serpiginous Like Choroiditis, were initiated on Anti-Tubercular Treatment. Patients not responding to steroids or requiring prolonged immunosuppression were initiated on alternative immunosuppressants. Long term follow up was maintained to note any recurrences.

This presentation consists of a multitude of cases which convey the varied nature of the disease, which can at times pose a diagnostic conundrum. Recognising the key features shall be discussed which shall elucidate the concepts regarding the management of serpiginous choroiditis.

Proper and timely diagnosis of Serpiginous Choroiditis can prevent permanent visual loss in patients. Visual loss also depends on the morphological variant of the disease. Patients with disc and macula involvement have worse outcomes. Association with Tuberculosis was noted in some patients and initiation of ATT helped put control over the disease. All the possible outcomes have been discussed in the presentation.

Serpiginous Choroiditis is a recurrent inflammatory disease of the choroid and outer retina that can lead to significant visual disturbances. This presentation entails the correct approach to the management of this disease.