Optic Disc Drusen in a Pediatric Patient – Diagnosis and Counselling of Family

Sir,

Optic nerve head drusen are developmental and congenital hyaline bodies which appear as elevated lumps on the anterior portion of the optic nerve head.\(^1\) The prevalence of optic disc drusen is 3.4 to 24 per 1,000 population.\(^2\) It has an autosomal dominant inheritance.\(^3\) Optic nerve head drusen (ONHD) are benign calcified deposits.\(^4\)

A 12-year boy came with the complaints of headache and bilateral decreased vision for more than a year. His younger brother had similar complaints. On ocular examination, his bilateral best corrected visual acuity was 6/24 with -2.50 DS. Pinhole examination showed no improvement. Relative afferent pupillary defect was absent. Visual fields by confrontation showed normal fields, anterior segment was unremarkable. Fundus examination showed bilateral disc swelling (Figure 1A). Bilateral B scan ultrasound and orbital CT scan revealed calcification on the optic nerve head (Figure 1B). The patient was found to have no general and neurological sign.

Serious intracranial pathology was excluded. The sibling was also examined and family members’ counselling was done. The headache was due to uncorrected refractive error. Family members’ counselling removes the immense mental burden. The parents were told about the importance of yearly follow-up and for any new symptom. The patient has been coming for a regular follow-up for two years and has no symptom, progression, and visual fields are well preserved in the follow-ups till now.

REFERENCES


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