NON-ARTERITIC ANTERIOR ISCHEMIC OPTIC NEUROPATHY RELATED TO CHRONIC ANEMIA: CASE REPORT
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Introduction: To report a case of bilateral visual loss due to nonarteritic anterior ischemic optic neuropathy (NA-AION) in a patient with chronic iron deficiency anemia. Case report: a 45 year-old female presented with rapidly progressive, painless, bilateral visual loss. She had undergone penetrating keratoplasty in her right eye (RE) 15 years before, subsequent to a corneal ulcer and had no other past medical history. Her best corrected visual acuity was hand movement in the RE and 20/200 in the left eye (LE). The fundoscopy revealed bilateral optic disc edema, without retinal hemorrhages or exudates. Goldmann visual field exam revealed bilateral constriction of the visual field, more prominent in the LE. Systemic workup revealed iron deficient anemia with a hemoglobin level of 7.9 g/dl. Erythrocyte sedimentation rate, C reactive protein, brain MRI, infectious and auto-immune serology were all normal. The diagnosis of anemia-related NA-AION was established and the patient was referred to the internal medicine department. Anemia treatment was initiated and 6 months later her visual acuity improved to 20/200 in the RE and 20/20 in the LE. Conclusion: Chronic anemia, probably in the presence of additional factors, such as hypotension, is a rare cause of optic neuropathy. A high level of suspicion and exclusion of other causes of optic disc edema is crucial to establish a correct diagnosis and prompt therapy.