Objective: We will discuss the clinical features, complementary tests and the management of a case of symptomatic choroidal nevus.
Case Presentation: We report the case of a 76-year-old female patient diagnosed with peripapillary choroidal nevus in the right eye 7 years ago. During a period of 5 years the nevus has showed no changes and the patient did not have any visual complaint. Subsequently, the patient started to have blurring of vision attributable to serous retinal detachment in the macular area and retinal exudation overlying the nevus. There was no evidence of growth neither of the lesion nor of choroidal neo-vascularisation (CNV). After appropriate counselling, patient was offered treatment with anti-VEGF to help protect the threatened foveal region followed by photodynamic therapy (PDT) after which the patient noted visual improvement confirmed by complementary tests.
Conclusion: In conclusion, anti-VEGF and PDT appear to be useful treatments for symptomatic serous detachment associated with choroidal naevi, at least in the short term. Longer follow-up will show whether these beneficial effects are maintained.