

Central Serous Retinopathy

This material will help you understand central serous retinopathy, its causes, and how it may be treated.

What is central serous retinopathy?

Central serous retinopathy (also known as **central serous choroidopathy**) occurs when fluid builds up under the retina. The retina is the layer in the back of the eye that acts like the “film” of the eye. It captures images and sends them to the brain. Like a water blister forms under the skin, fluid can form under the retina. This pulls the retina away from its normal position and distorts vision.

What causes central serous retinopathy?

The direct cause of central serous retinopathy is not known at this time. However, a few factors are known to be related to this condition. It is most common in people between the ages of 25 and 55 and affects more men than women. Some studies have shown that stress and high blood pressure may also increase the likelihood of developing central serous retinopathy.

How is central serous retinopathy treated?

Most cases of central serous retinopathy tend to clear up on their own within a few months without any treatment. Your eye doctor will monitor your eye during this time to make sure the liquid under the retina is going away. Vision should return to normal once the liquid is gone.

If your case is more severe and the liquid does not seem to be going away on its own, your doctor may use a laser treatment. This seals the leaks and helps to restore vision.

You and your doctor will discuss the plan of action that is best for you.

Is there a chance of my central serous retinopathy returning?

Yes. About half of patients who have had central serous retinopathy at some point will have it come back. It is important that you continue to see your eye doctor regularly for complete eye exams.

For more information, scan this code with your smartphone or visit the website listed.



<http://www.geteyesmart.org/eyesmart/diseases/central-serous-retinopathy.cfm>

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