



# BILATERAL SEROUS RETINAL DETACHMENT ASSOCIATED WITH HELLP SYNDROME: A CASE REPORT

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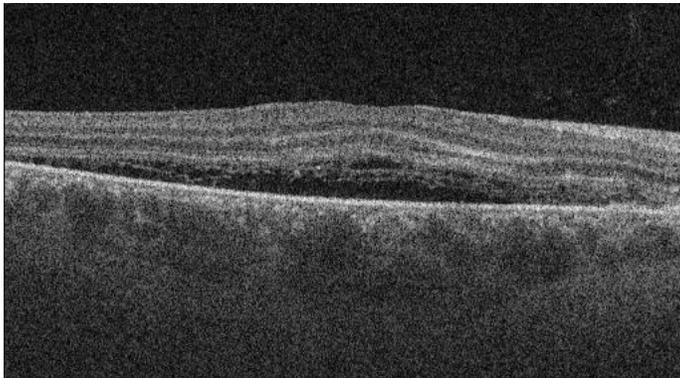
## Purpose

To present a case of bilateral serous retinal detachment associated with HELLP syndrome in a 34-year-old primigravida patient.

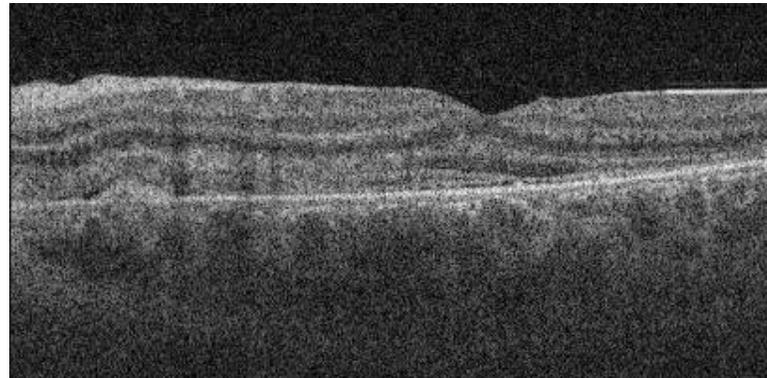
## Case Presentation

A 34-year-old primigravida patient at 32 weeks gestation was admitted to the emergency department of our hospital, complaining of decreased visual acuity. Ophthalmologic examination showed VA of 7/10 and 2/10.

Fundus examination showed signs of BRVO in the left eye, with microhemorrhages, as well as serous retinal detachment in both eyes. OCT confirmed the serous retinal detachment, while OCT-A excluded the possibility of BRVO in the left eye.



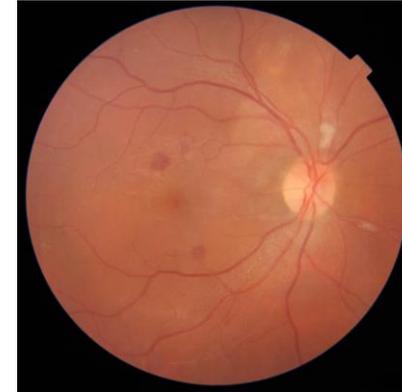
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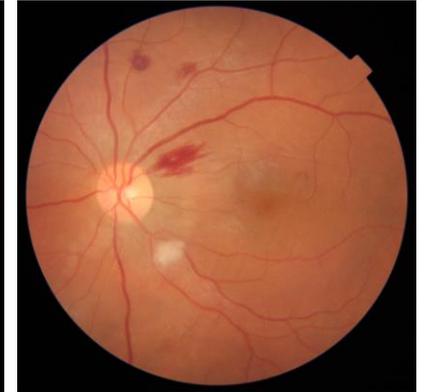
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OCT upon admission

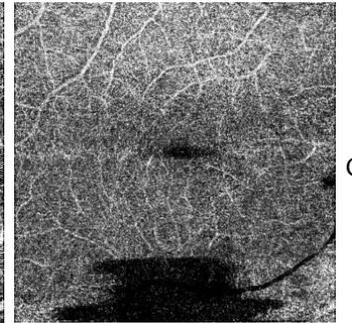
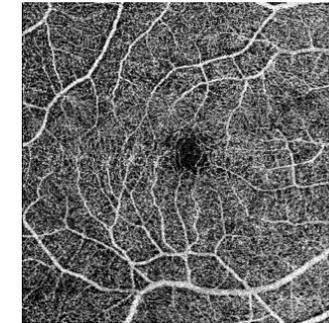
Fundus Photos upon admission



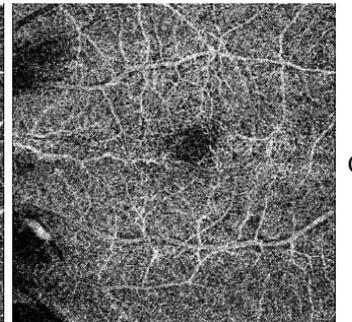
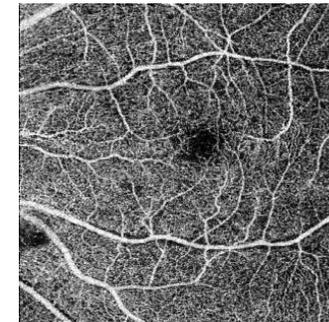
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OCT-A upon admission

The patient was referred to the obstetrics and gynecology department for further evaluation. She was diagnosed with HELLP syndrome, underwent cesarean section, and was put on antihypertensive and anticoagulant medication.

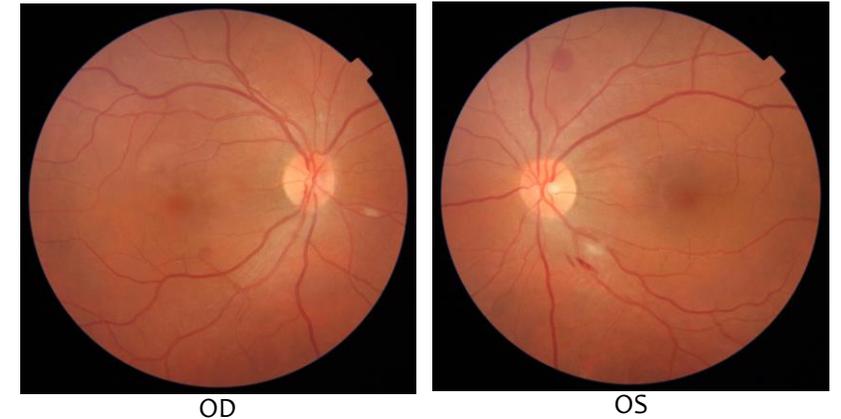
HELLP Syndrome (**H**emolysis, **E**levated **L**iver enzymes and **L**ow **P**latelets) is reported in 0.2% to 0.6% of all pregnancies. It is associated with significant maternal and fetal morbidity and mortality. Serous retinal detachment is approximately 7 times more likely to occur in women with preeclampsia/eclampsia who also have HELLP syndrome.

Spontaneous fluid resorption started seven days after delivery, with reattachment of the retina and gradual improvement of visual acuity (6 weeks post-partum VA 10/10 and 8/10). Patients usually completely recover their vision with clinical management, and the SRD resolves within 2 - 12 weeks postpartum.

## Discussion

Serous retinal detachment is a rare complication of pre-eclampsia and eclampsia. Ophthalmologists should be vigilant towards pregnant patients that present with visual complaints. Immediate referral to an obstetrician could prove life saving for both mother and child.

Fundus Photos upon recovery



OCT upon recovery

