



Ocular Tuberculoma: A Comprehensive Review of Diagnosis and Management

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DESCRIPTION

Tuberculosis, a disease primarily associated with the lungs, can manifest in various parts of the body, and one of its lesser-known presentations is ocular tuberculoma. Ocular tuberculoma is a rare condition where *Mycobacterium tuberculosis* infects the eye, leading to a range of ocular symptoms and complications. In this article, we will explore the causes, symptoms, diagnosis, treatment, and prevention of this uncommon but significant eye condition. Ocular tuberculoma is a form of extrapulmonary tuberculosis, which occurs when the tuberculosis bacteria infects organs or tissues outside the lungs. The eye is a relatively infrequent site of infection, but when it occurs, it can lead to severe visual impairment if left untreated. Ocular tuberculoma primarily affects the choroid, a layer of blood vessels that nourish the retina, but it can also affect other parts of the eye, such as the iris, retina, or optic nerve. The symptoms of ocular tuberculoma can vary, making it a challenging condition to diagnose. Some common symptoms include blurred vision, decreased visual acuity, or even complete loss of vision. Ocular tuberculoma can cause eye pain, especially when looking at bright lights. The affected eye may appear red and inflamed. Increased sensitivity to light can be a symptom. Patients may notice small specks or lines moving in their field of vision. Diagnosing ocular tuberculoma can be tricky due to its varied presentation. Physicians often rely on a combination of clinical evaluation, medical history, and diagnostic tests, which may include. An examination of the back of the eye using a specialized instrument to identify characteristic lesions. A positive response can support the diagnosis but is not definitive. To assess if the disease has spread from the lungs to the eyes. Analyzing the fluid from the eye can confirm the presence of *Mycobacterium tuberculosis*. This molecular diagnostic method can detect the DNA of the tuberculosis bacteria. Ocular tuberculoma is

a serious condition that requires prompt and comprehensive treatment. The mainstay of treatment includes a combination of anti-tuberculosis medications such as isoniazid, rifampicin, ethambutol, and pyrazinamide. These drugs should be taken for a minimum of 6-9 months to ensure complete eradication of the infection. Additionally, corticosteroids may be prescribed to manage inflammation and prevent further damage to the eye. In some cases, when medical therapy alone is insufficient or when complications arise, surgical intervention may be necessary. Surgical options may include drainage of subretinal fluid, vitrectomy, or removal of tuberculous masses. Preventing ocular tuberculoma involves the control of tuberculosis itself. As tuberculosis is primarily an airborne disease, proper respiratory hygiene, early identification, and treatment of active cases can help reduce the overall incidence of the disease, including its ocular manifestations. Ocular tuberculoma may be rare, but its impact on a patient's vision and quality of life can be significant. Prompt diagnosis and comprehensive treatment, often involving a combination of anti-tuberculosis drugs and sometimes surgery, are essential for a favorable outcome. This condition highlights the importance of vigilance in the face of tuberculosis, not just in the lungs but throughout the body. Early diagnosis and appropriate management can help preserve the gift of sight and prevent the potentially devastating consequences of ocular tuberculoma.

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CONFLICT OF INTEREST

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