

Therapeutic effect of propranolol on central serous chorioretinopathy

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Purpose:

To evaluate the therapeutic effect of propranolol on central serous chorioretinopathy (CSCR).

Methods:

In a prospective interventional case series, 18 eyes with CSCR received 40 mg/day propranolol for 6 weeks. Complete ophthalmologic examination was performed before intervention and at 2 and 6 months. The outcome measures were retinal neurosensory detachment size, evaluated by paired t-test, and visual acuity changes, analyzed by McNemar test.

Results:

Reductions in the detachment size were 61.7% ($P=0.002$) and 75.1% ($P=0.02$) at 2 and 6 months respectively. The decrease of the lesion size between 2 and 6 months was not statistically significant. The comparison of visual acuity, which was classified as $\geq 20/20$ or $\leq 20/25$, showed no significant changes during the follow up period. No important side effect of the drug was observed in this study.

Conclusion:

Considering the natural course of the disease, propranolol could decrease the resolution time of the retinal sensory detachment size in CSCR, but has no significant effect on visual acuity improvement.

Take-home message:

Propranolol may be a good and safe drug in the treatment of central serous chorioretinopathy.