

## Reversible Blindness From Preeclampsia: A Case Report

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**Introduction:** Severe preeclampsia and eclampsia remain major causes of maternal and perinatal morbidity and mortality in developing countries.<sup>1</sup> Visual symptoms include photopsia, visual field defects, sudden inability to focus, blurred vision and in severe cases complete blindness may occur.<sup>2</sup>

**Case Report:** An 18 year old pregnant housewife was referred to us from GOPD complaining of sudden loss of vision in both eyes, severe frontal headache and leg swelling of 2 weeks' duration. At presentation, she had blood pressure of 190/120mmhg and unaided visual acuity (VA) of counting fingers in both eyes. Anterior segment was quiet except for dilated sluggishly reactive pupils. Funduscopy revealed bilateral papilloedema, retinal haemorrhages, cotton wool spots with macular edema as seen in Figure 1 below.



**Fig. 1:** Fundus photograph showing bilateral papilloedema, retinal haemorrhages, cotton wool spots with macular edema

She was promptly referred to the Obstetrics Department and was assessed and managed as a case of preeclampsia. She was successfully managed with antihypertensives, seizure prophylaxis and labour induction with delivery of a

live male infant. Vision was restored 3 days postpartum and kept improving along with fundus features while the Blood pressure also stabilized.

**Discussion and Conclusion:** Blindness is a complication of severe preeclampsia and eclampsia<sup>3</sup> and signals danger for the mother and



**Fig. 2:** Showing resolved Hypertensive Retinopathy

the child.<sup>1</sup> Retinal pathology is responsible for the blindness in most cases.<sup>4</sup> However, it is reversible if adequately managed.<sup>5</sup> It is important to note that visual disorder in a pregnant woman may be the first symptom of this disease. Prompt referral and collaborative management are key to a good outcome.

## References

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