

ABSTRACT

Clinical Profile of Idiopathic Orbital Inflammatory syndrome

Purpose:

This study was designed to describe the clinical spectrum of Idiopathic Orbital Inflammatory syndrome. Main aim of the study was to describe demographic details, clinical features and treatment outcome of Idiopathic orbital inflammatory Syndrome.

Method

A prospective study was done at Orbit clinic, Aravind Eye hospital Madurai over a period of 18 months from January 2014 to June 2015. Patients came with clinical characteristics of IOIS were included after excluding other identifiable cause such as Thyroid Eye Diseases and Orbital tumors.

Results

In our study totally 24 patients were enrolled. Most common age of presentation was 2nd to 4th decade. Patients presented with complaints of pain (80%), mass /swelling (44%) and protrusion (24%). Most common clinical presentation was EOM Restriction 60% and Proptosis 48%. Most common type was Myositic Form followed by diffuse form of Orbital pseudotumor. In our study Most of the patients showed clinical improvement with systemic steroids.

Conclusion

Understanding of the clinical features of patients with orbital pseudo tumor, differentiating it from other orbital processes by use of imaging techniques and timely implementation of available treatment strategies may help prevent visual loss and associated morbidity from this condition.

Key words:

Idiopathic orbital inflammatory syndrome, Orbital pseudo tumor, diagnosis, management.