

# Scleritis

## Scleritis:

### Classification:

- Anterior Scleritis:
  - Localized
    - i. Nodular
    - ii. Non-nodular
  - Diffuse
- Posterior Scleritis

Refers to severe inflammation that affect the sclera.

This rare condition is usually associated with systemic disease.

### Clinical Features:

#### Anterior Scleritis:

Sub-acute onset of:

- ❖ Red eye
- ❖ Severe boring eye pain often radiating to forehead, brow and jaw.
- ❖ Associated with watering, photophobia and gradual decrease in vision.

50% of cases are bilateral.

Occasionally associated with systemic manifestations (fever, vomiting, headache)

### Posterior Scleritis:

- Uncommon
- 2/3 of cases are unilateral
- Most common symptoms are pain and visual impairment.
- Fundus findings:
  - ✚ Optic disc swelling
  - ✚ Macular edema
  - ✚ Choroidal folds
  - ✚ Exudative retinal detachment
  - ✚ Choroidal detachment.

Note: some cases of anterior Scleritis are associated with posterior Scleritis.

### Treatment:

- Oral NSAIDs
- Oral steroids
- Sub-conjunctival injection of steroids
- Immune-suppressive agents such as methotrexate in severe non-responding cases.