

CASE STUDY

Presenting Reason -

21 year old South Asian female, came into clinic today for an urgent review. Has been complaining of noticing left sided cluster of lights and L sided headaches which have been occurring for the past week and getting worse. Nil history of trauma, nil sudden weight loss, fever or night sweats and is recovering from flu which occurred 2 days prior to onset of symptoms. Patient complaining of seeing a grey line and patterns in visual field for the past 3 days. Feeling slightly nauseous, nil headache. GP concerned of possible stroke.

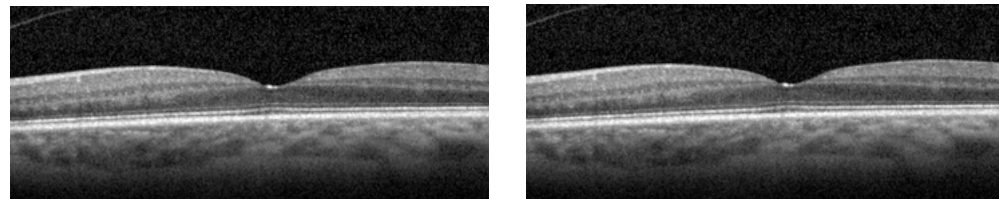
Medical History -

- Nil Allergies
- Unremarkable medical history
- Unremarkable family history
- **Current Medication:** Thyroxine 25mg daily

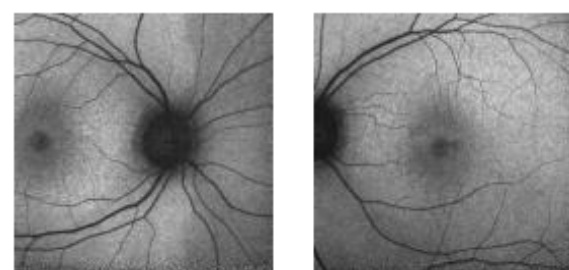
Clinical Tests -

OCT

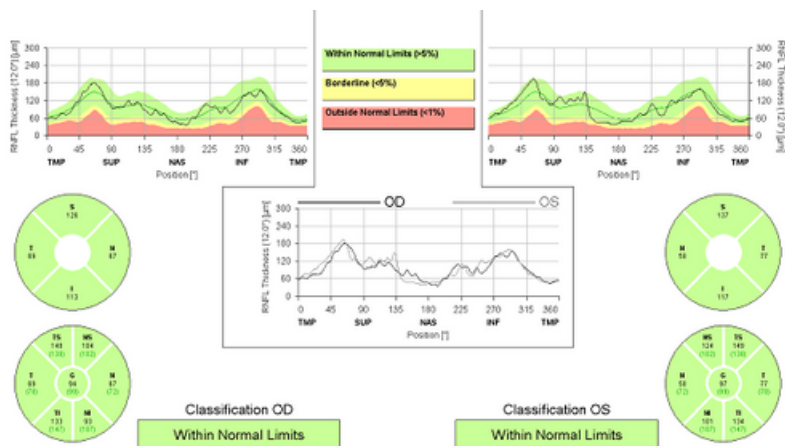
Macular scan



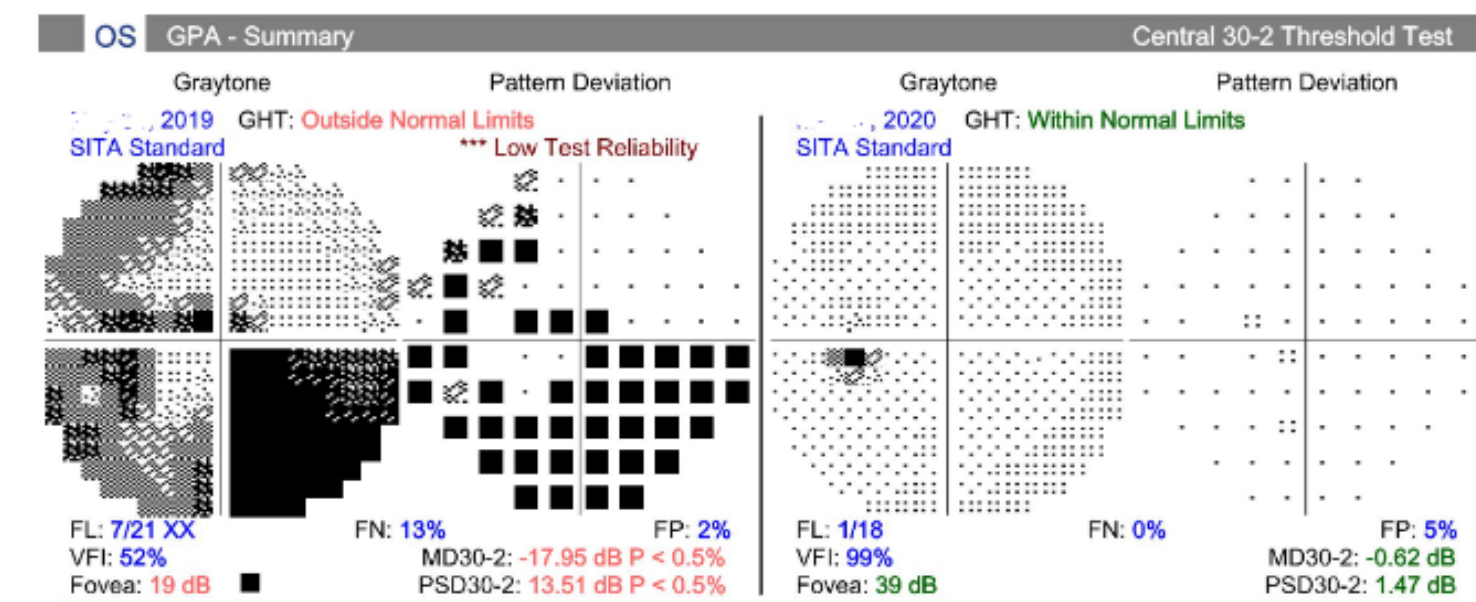
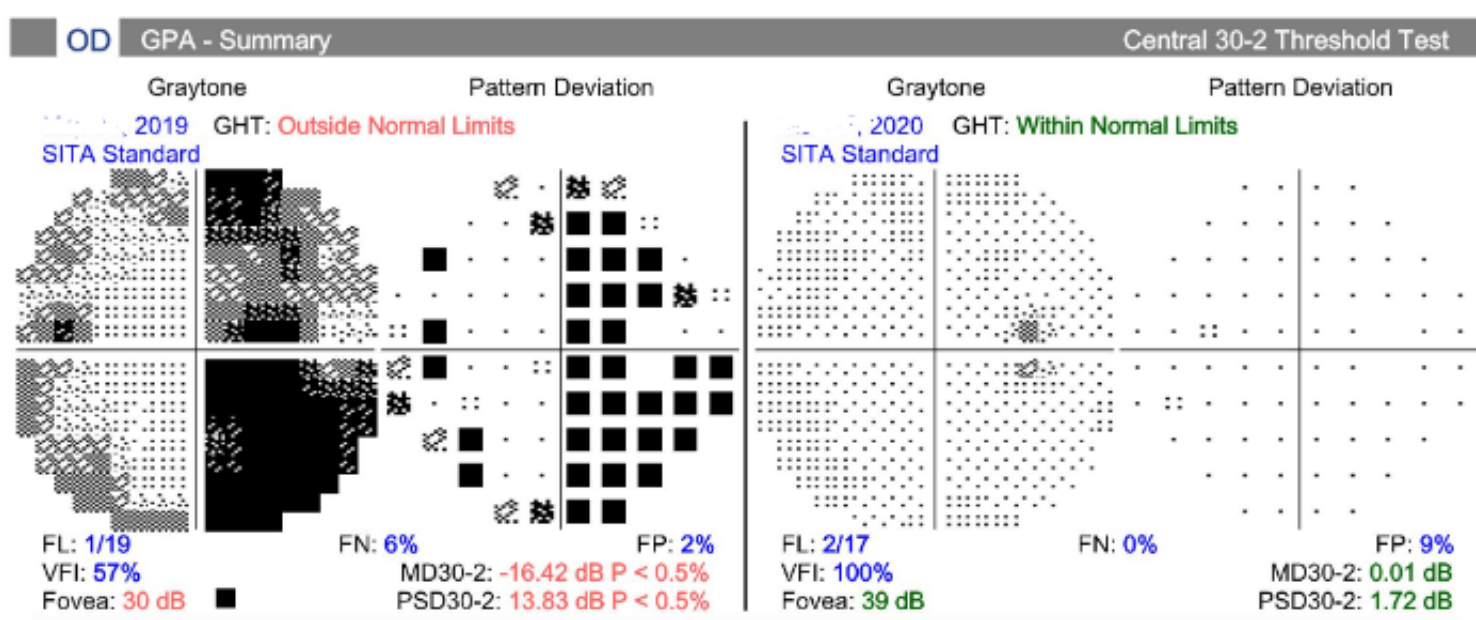
Fundus Autofluorescence



Optic Nerve (RFNL scan)



Visual Field: HVF30-2 (Presenting field vs. Post neurosurgery)



Clinical Exam -

Vision c gls R 6/6 (N5) L 3/60 (<N48)
 Glasses Prescription
 R -1.75DS / +0.50DC x 80
 L -0.75DS / +0.75DC x 92
 IOP c Goldmann Applanation R 21mmHg L 23mmHg
 Nil RAPD, Angles Open
 Cover test and ocular motility full

DIAGNOSIS:

Rathke cleft cyst with pituitary macroadenoma

Visual field demonstrating a right incongruous hemianopia. Anterior segment examination highlighted a clear cornea, media and anterior chamber. Urgent neuroimaging requested and was diagnosed with pituitary adenoma accompanied by a benign Rathke cyst.. Patient went back home overseas to have a transphenoidal sub-total resection of pituitary macroadenoma. Advised patient to come back for yearly monitoring of visual field defect, which has now resolved over 3 years since initial presentation and current vision is 6/4 both eyes.

What is a Rathke cyst?

A Rathke cyst is a benign fluid filled growth that develops between the pituitary gland. They are formed during fetal development in the womb are often picked up during brain MRI scans. During normal development the Rathke pouch disappears but in a rare few instances it leaves a space which fluid can fill and grow over time.

Signs and Symptoms?

As the fluid in these cysts grow in size, they can begin to press on the optic nerve fibres and cause visual disturbances, visual field defects and persistent headaches and/or migraines. Since it is also located so intimately near the pituitary gland, it can affect hormonal levels as well and cause symptoms like increase in weight, irregular menstruation, delayed puberty, and trouble regulating body temperature to name a few.

Prognosis?

Often if the Rathke cysts are small enough and don't grow in size they are will often be left untreated and undiagnosed. In the case of this patient, surgical intervention was required to remove the pituitary tumour however the Rathke cyst can be drained and removed itself.

Treating Ophthalmologist for this case: Dr Terence Tan



PARRAMATTA
 (02) 9635 7077
 152 Marsden Street
 Parramatta, NSW 2150

CASTLE HILL
 (02) 9634 6364
 19/7-9 Barwell Ave
 Castle Hill, NSW 2154

PENRITH
 (02) 4731 1811
 295 High Street (Evans Street
 Entrance) Penrith, NSW 2750