

## QUIZ CASE

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### SCENARIO

An elderly man presents with bilateral lumpy yellow lesions inside both eyes in the supero-temporal aspect of conjunctiva. Examination reveals a yellowish mass with soft convex contour and fine blood vessels.<sup>(2)</sup> The lump is arising behind the globe, is reducible on pressure and enlarges on retropulsion. CT and MRI reveal a fatty mass continuous with the intra-conal fat.<sup>(2,4)</sup>

### CLINICAL IMPRESSION

Sub-conjunctival Fat prolapse

### GROSS PATHOLOGY EXAMINATION

A piece of fibro fatty tissue without capsule.

### HISTOLOGY

Mature fat with fibrous septae.

### QUESTIONS:

1. **What is the diagnosis?**
2. **What is this condition associated with?**
3. **What are the clinical differential diagnoses?**
4. **How is the prognosis?**

### ANSWERS:

1. Features are **consistent with sub-conjunctival orbital fat prolapse**.
2. It is a benign condition in which fat herniates in the supero temporal aspect of conjunctiva.<sup>(1,3)</sup>
3. This condition usually occurs in elderly (most common in after 65 years of age), obese male patients due to weakening of Tenon's capsule and intramuscular septum by aging process.<sup>(1,3,4)</sup>
4. In young people, it is associated with trauma and previous ocular surgery.
5. Clinical differentials include:
  - Lipomatous tumours
6.
  - Dermatolipoma (lipodermoid)<sup>(1,3,4)</sup>
  - Lacrimal gland tumours
  - Lacrimal gland prolapse<sup>(4,5)</sup>
  - Orbital lymphoma<sup>(2,4)</sup>
7. It has a good prognosis and is usually managed conservatively

However, surgery is advised if it causes visual impairment or discomfort. Surgical option can be availed also due to cosmetic reasons.<sup>(2, 5)</sup> Post-op results are usually excellent with no recurrence.

### REFERENCES

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<p><b>Note:</b> A virtually created case scenario for educational purposes only.</p>
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