

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.⁽²⁾ 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.^(2,4)

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.^(1,3)
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.^(1,3,4)
4. In young people, it is associated with trauma and previous ocular surgery.
5. Clinical differentials include:
 - Lipomatous tumours
6.
 - Dermatolipoma (lipodermoid)^(1,3,4)
 - Lacrimal gland tumours
 - Lacrimal gland prolapse^(4,5)
 - Orbital lymphoma^(2,4)
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.^(2, 5) Post-op results are usually excellent with no recurrence.

REFERENCES

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