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
   - Dermatolipoma (lipodermoid)1,3,4
   - Lacrimal gland tumours
   - Lacrimal gland prolapse4,5
   - Orbital lymphoma2,4
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

Note: A virtually created case scenario for educational purposes only.