

Answers to Medical Quiz

Hassan H Al Arrayed, FACO, FRCS.ED*, Dr Pelin Kaynak**

A1. True

A2. True

A3. True

Congenital esotropia is the most common form of esodeviation in children with an onset prior to six months of age. Sometimes the deviation is noted at birth, although more frequently it does not become apparent until later. In the majority of cases the child is fit and well, however this type of esotropia is common in mentally retarded or brain damaged infants (cerebral palsy or hydrocephalus).

It is typically characterised by a large and constant angle except in brain damaged infants in which case it may vary. Most infants alternate fixation in the primary position and cross-fixate in side gaze (this pattern may be confused with a bilateral 6th nerve palsy). Associated clinical findings include normal refractive errors for age (N + 1.50D) amblyopia, dissociated vertical deviation, inferior oblique muscle overaction and nystagmus.

It must be distinguished from Duane's retraction syndrome, Moebius syndrome, nystagmus blockage syndrome and early onset accommodative esotropia, as well as other causes of esotropia in infancy.

Generally management of congenital esotropia is essentially surgical, however considerable controversy exists about the optimum time for treatment. The present opinion is that the surgery should be performed prior to the age of 18 months. Surgery should be carried out only after accurate assessment of the findings and the angle of deviation have been made and any associated refractive errors or amblyopia corrected. The surgical management may involve resection of both medial recti muscles, unilateral resection of a medial rectus muscle and a resection of a lateral rectus muscle or three or four muscle surgery if the angle is very large.

It is mostly suggestive by clinical evidence that surgical alignment of congenital esotropia within 10 D of orthotropia prior to two years of age increases the frequency of obtaining higher grades of binocular vision.

Early successful horizontal alignment of congenital esotropes does not ensure long term stability. Patients need careful postoperative monitoring for the development of amblyopia, dissociated vertical deviation, inferior oblique overactions, nystagmus and accommodative esotropia.

REFERENCES

1. Kanski JJ. Clinical ophthalmology. 2nd ed. Hong Kong: Butterworth Int, 1989:424-6.
2. Nelson BL, Wagner RS, Simon JW, et al. Congenital esotropia. Survey of ophthalmology 1987;31:363-83.

* Consultant Ophthalmologist
Specialised Eye Centre
State of Bahrain

** Ophthalmology Department
Salmaniya Medical Centre
State of Bahrain

Announcements

VI Biannual Basic ECG Interpretation Course will be conducted between 9-10 July 1997 at the Riyadh Armed Forces Hospital. More details contact: Department of Postgraduate & Academic Affairs, Riyadh Armed Forces Hospital, P O Box 7897, Riyadh 11159, Saudi Arabia. Tel: (0966-1)477 7714 Ext. 4933/4937. Fax: (0966-1)476 0853/478 4057.

VI Annual Advanced ECG and Arrhythmia Course will be held between 22-24 July 1997 at the Riyadh Armed Forces Hospital. More details contact: Department of Postgraduate & Academic Affairs, Riyadh Armed Forces Hospital, P O Box 7897, Riyadh 11159, Saudi Arabia. Tel: (0966-1)477 7714 Ext. 4933/4937. Fax: (0966-1)476 0853/478 4057.

1st Bahrain Cancer Society Conference will be held during 11-12 November 1997 at the College of Medicine and Medical Sciences, Arabian Gulf University, State of Bahrain. For more details contact: Bahrain Cancer Society, P O Box 1499, Bahrain. Telephone: (0973) 265284. Fax: (0973)259231.

Obsessive Compulsive Disorder Workshop will be held on 17 November 1997 at the Riyadh Armed Forces Hospital. More details contact: Department of Postgraduate & Academic Affairs, Riyadh Armed Forces Hospital, P O Box 7897, Riyadh 11159, Saudi Arabia. Tel: (0966-1)477 7714 Ext. 4933/4937. Fax: (0966-1)476 0853/478 4057.

V Annual Meeting of the Saudi Gastroenterology Association will be held at King Fahd Hospital of King Faisal University, Al-Khobar, Saudi Arabia during the period 19-20 November 1997. For more information contact: Prof. Abdulaziz Al-Quorain, P O Box 40001, Al-Khobar 31952, Saudi Arabia. Tel: 0966-3-898 3931. Fax: 0966-3-864 5972.

Regional Conference: Chronic Non-Communicable Diseases and the Role of Nutrition organised by the Nutrition Section of the Bahrain Ministry of Health will be held in Bahrain between 24-26 November 1997. For further information contact: Nutrition Section, Public Health Directorate, Ministry of Health, P O Box 42, Manama, Bahrain. Tel: (0973) 279218. Fax: (0973)279253.