Optic Neuritis as a Mode of Revelation of Diabetes Mellitus

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Background:

Diabetes Mellitus (DM) is one of the most common metabolic chronic diseases. Ocular associations of diabetes include diabetic retinopathy, cataract, diabetic papillopathy, ocular movement disorders and exceptionally optic neuritis wich remains a rare mode of revelation. Optic neuritis is a clinical condition causing inflammation of the myelin sheet of optic nerve.

Case Report:

Two patients are included, their age is 49 and 58 respectively, without personal history of diabetes, both presented with a painful diminution of vision, headache, visual acuity was alteread. Fundus examination showed papillary oedema and thickening of the optic nerve in MRI, Blood sugar was superior than 250 mg/dl at presentation. Patients are treated with insulin therapy, rehydratation and corticotherapy with significatif improvment.

Conclusion:

Optic neuritis has rarely been reported in diabetes precisely as a mode of revelation. Hyperglycemic and/or diabetic states may go unrecognized for several months to several years.

Optic nerves have a high sensibility to inflammatory mediators that are released in diabetes. These mediators are released due to oxydative stress and the alternate metabolic pathways in diabetes. Our patients were in state of hyperglycaemia at the time of presentation which argues in favor of the main role of diabetes.

Optic neuritis in diabetes is generally reversible with early diagnosis and appropriate treatment.

Keywords:

Diabetes Mellitus, Optic Neuritis, Oxydative Stress, Corticotherapy.