ABSTRACT

Objective: 1. To present a case of idiopathic intracranial hypertension (IIH) and obstructive sleep apnea (OSA) in a young girl.

Methods: We present a case report of a nine year old obese female who presented with severe intractable pseudotumor cerebri, also known as idiopathic intracranial hypertension (IIH). The patient had multiple ER visits and hospital admissions for headaches and diplopia related to IIH. She was followed by the ophthalmology service for papilledema and had undergone treatment with acetazolamide with minimal improvement in her symptoms. The patient was also found to have obstructive sleep apnea, with an RDI of 21 events per hour. Despite maximal medical therapy, the patient continued to complain of severe headaches and visual difficulties. A literature search was performed and an association between IIH and OSA was identified. The patient was lost to follow-up.

Results: A 9 year old African-American female presented to the ED with complaints of diplopia, a "cross-eyed" appearance, headaches, nausea, and vomiting for five days with more recent onset of mild neck stiffness. The patient’s past medical history was significant for obstructive sleep apnea (OSA) which was diagnosed two years prior. The patient was using a Continuous Positive Airway Pressure (CPAP) machine at home. The patient was not taking any medications and had not reported any adverse effects. On admission, her weight was 62.5 kg which was over the 95th percentile for her age and height.

Conclusions: Given the recent obesity epidemic and the increasing prevalence of OSA, visual complaints in patients with IIH should be investigated. We have presented a patient with IIH and OSA. Surgical treatment of her underlying OSA was found to help treat her IIH.