

## Clinical Image

## Cataract and Celiac Disease

**Belidi HE<sup>1\*</sup>, Saoiabi Y<sup>2</sup> and Cherkaoui L<sup>2</sup>**<sup>1</sup>Department of Ophthalmology, Hopital des spécialités, Rabat, Morocco<sup>2</sup>Department of Faculty Medecine, Rabat, Morocco**\*Corresponding author:** Hala El Belidi, Department of Ophthalmology, Hopital des spécialités, Rabat, Morocco**Received:** October 25, 2022; **Accepted:** November 09, 2022; **Published:** November 16, 2022

## Clinical Image

24 years old patient, diagnosed 19 years ago with celiac disease, in whom we fortuitously find during a systematic ophthalmological examination in the right eye (Figure 1): a small bluish central crystalline opacification, bluish, whitish and yellowish punctiform peripheral opacifications, without any visual repercussion.



**Figure 1:** Diffuse light slit lamp photograph of the right eye showing bluish central opacification with multiple bluish-white-yellow opacities spread throughout the cortex of lens.

The Celiac Disease (CD) is an immune-mediated disease and affects the small intestine. It may have a wide variety of clinical manifestations. CD has also been associated with a large spectrum of extra intestinal manifestations [1], including several ophthalmologic manifestations such as dry eye, uveitis and cataract. The ocular disorders associated with CD appear to be the result of immune-mediated mechanisms or malabsorption of vitamins and elements [2].

Cataract genesis has been associated with CD [3,4]. The etiology has not yet been fully elucidated, but it appears that dehydration and malabsorption of vitamins and trace elements play an important role.

## Disclosure of Interest

The authors declare that they have no competing interest.

## References

1. Laurikka P, Nurminen S, Kivela L, Kurppa K. Extraintestinal manifestations of celiac disease: early detection for better long-term outcomes. *Nutrients*. 2018; 10: 1015.
2. Martins TG, Costa AL, Oyamada MK, Schor P, Sipahi AM. Ophthalmologic manifestations of celiac disease. *Int J Ophthalmol*. 2016; 9: 159–162.
3. Raina UK, Goel N, Sud R, Thakar M, Ghosh B. Bilateral total cataract as the presenting feature of celiac disease. *Int Ophthalmol*. 2011; 31: 47–50.
4. Rani U, Imdad A, Beg M. Rare neurological manifestation of celiac disease. *Case Rep Gastroenterol*. 2015; 9: 200–205.