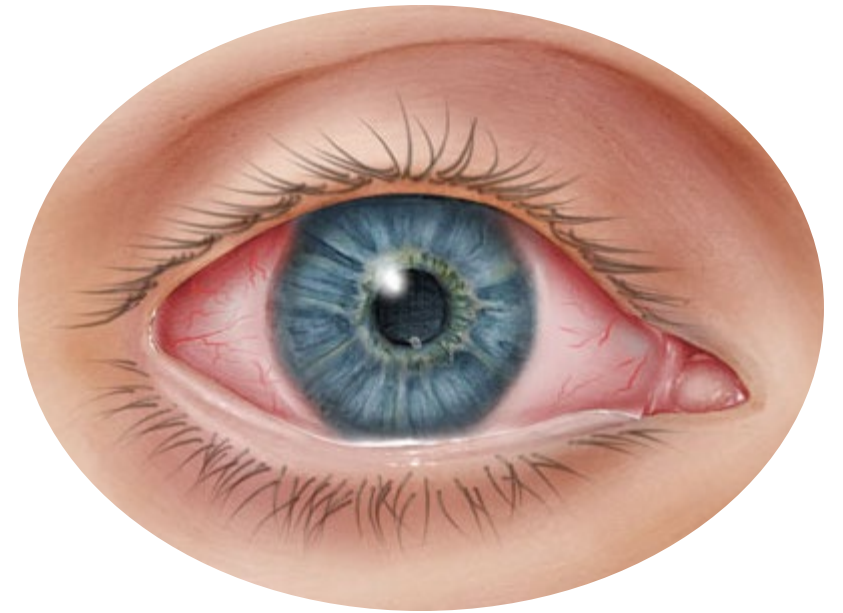
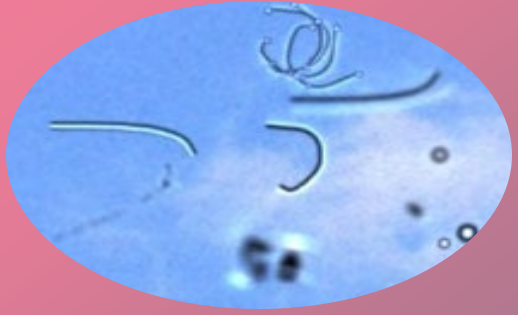


# *Common Eye Problems*



# *Common Eye Problems Include:*



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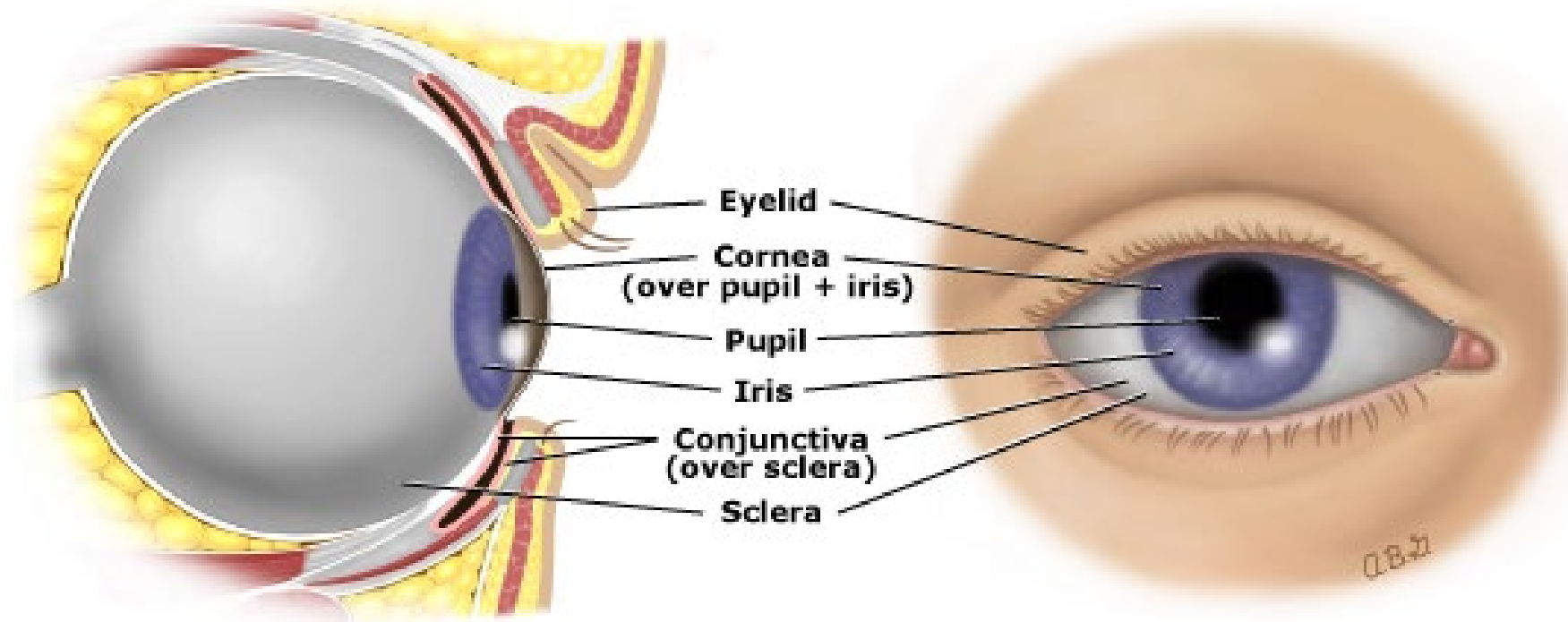


○



- **Floater**s
- **Conjunctivitis**
- **Styes, Chalazions**
- **Dry eye**

# *Anatomy of the Eye*



A large, irregular pink brushstroke shape with a textured, feathered edge, serving as a background for the title text.

# *Conjunctivitis*

**Conjunctivitis, also called “pinkeye”, is an inflammation of the conjunctiva.**

**The conjunctiva is a thin membrane that lines the inner surface of the eyelids and the whites of the eyes (called the sclera).**

# *Causes of Conjunctivitis*

**Bacterial infections**

**Viral infections**

**Allergies**

**Foreign body**

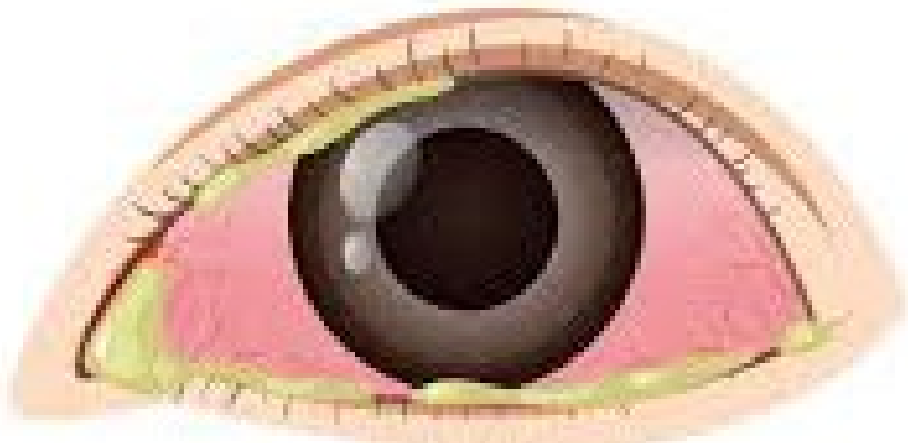


# *Bacterial Conjunctivitis*

**Highly contagious and can spread by contact.**

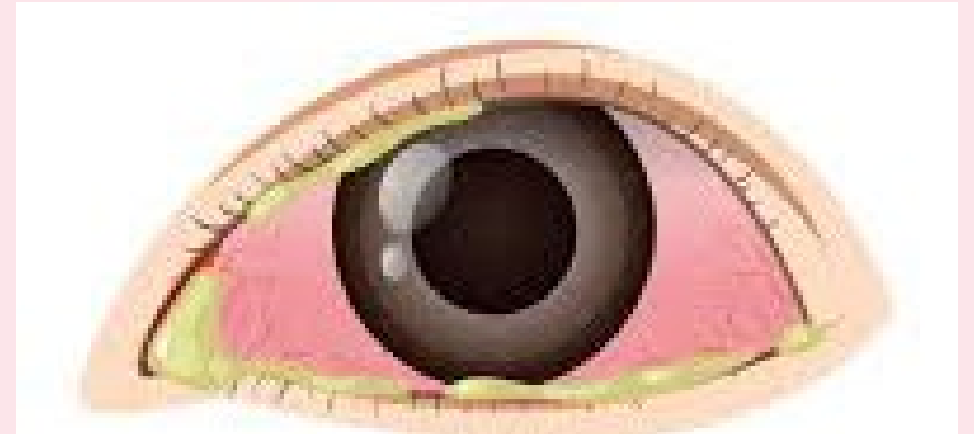
## *Symptoms*

- Redness
- Thick yellow, white, or green discharge
- Discharge throughout the day
- Eye can be “stuck shut” in the mornings
- Both eyes can become infected

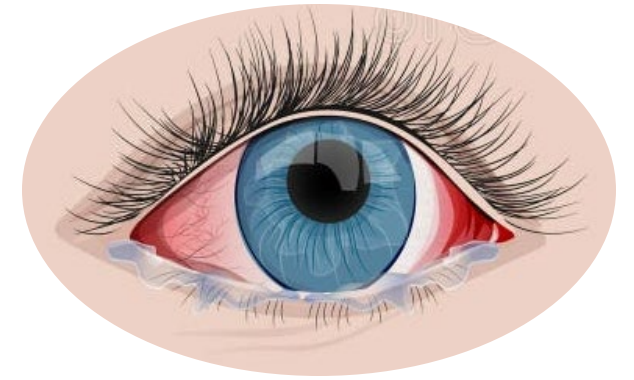


# *Treatment of bacterial conjunctivitis*

- **Antibiotic eye drops or ointment helps shorten duration of symptoms.**
- **In most cases, the infection will resolve on its own if not treated.**



# *Viral Conjunctivitis*



**Caused by same virus that can cause the common cold.**

**There may be other symptoms such as swollen lymph nodes, fever, sore throat, and runny nose.**

**It is highly contagious.**

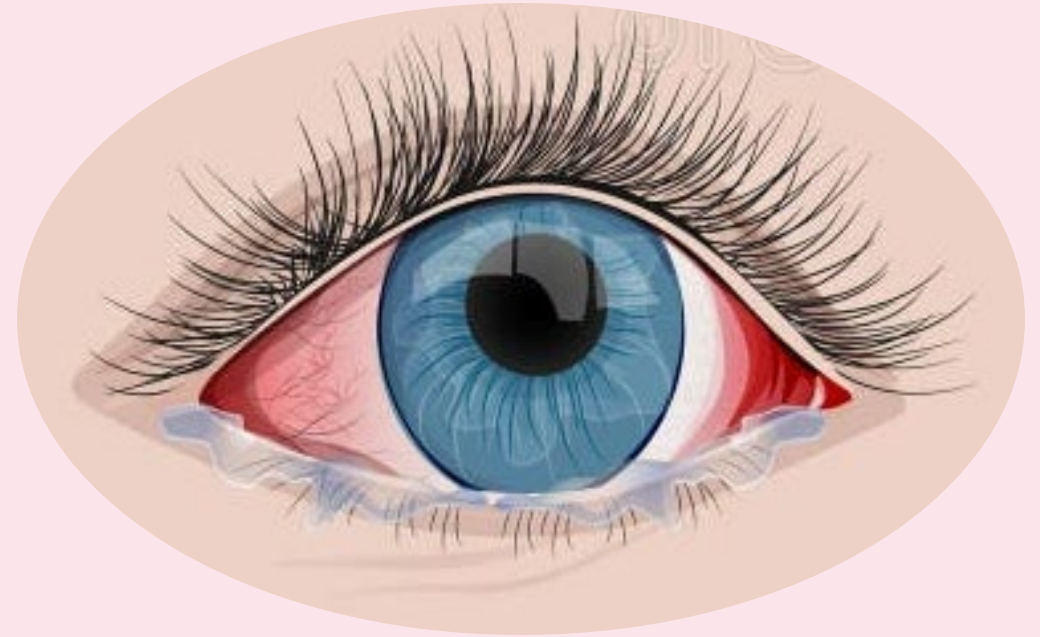
## *Symptoms*

- Redness
- Watery discharge
- Burning, sandy, or gritty feeling
- Morning crusting
- Second eye usually becomes infected within a day or two



# *Treatment of viral conjunctivitis*

- **Topical antihistamine/decongestant eye drops help relieve discomfort.**
- **Warm or cool compresses may help relieve symptoms.**
- **Symptoms are usually worse for the first three to five days, and then gradual improvement is seen over the course of two to three weeks.**
- **There is no cure.**



# *Allergic Conjunctivitis*



**Caused by airborne allergens that come in contact with the eye:**

- **dog or cat dander**
- **grass and weed pollens**
- **dust mites**
- **molds**

**May present seasonally or all year round.**

## *Symptoms*

- Redness, watery discharge
- Itching
- Burning and sensitivity to light
- Swelling of eyelids can occur
- Both eyes usually affected
- Rubbing the eyes will worsen symptoms

# *Treatment of allergic conjunctivitis*

- **Avoid rubbing eyes.**
- **Artificial tears, cool compresses, or antihistamine eye drops may help alleviate symptoms.**
- **Minimize exposure to allergens.**
- **Oral antihistamines may prevent symptoms from developing or treat symptoms once they occur.**

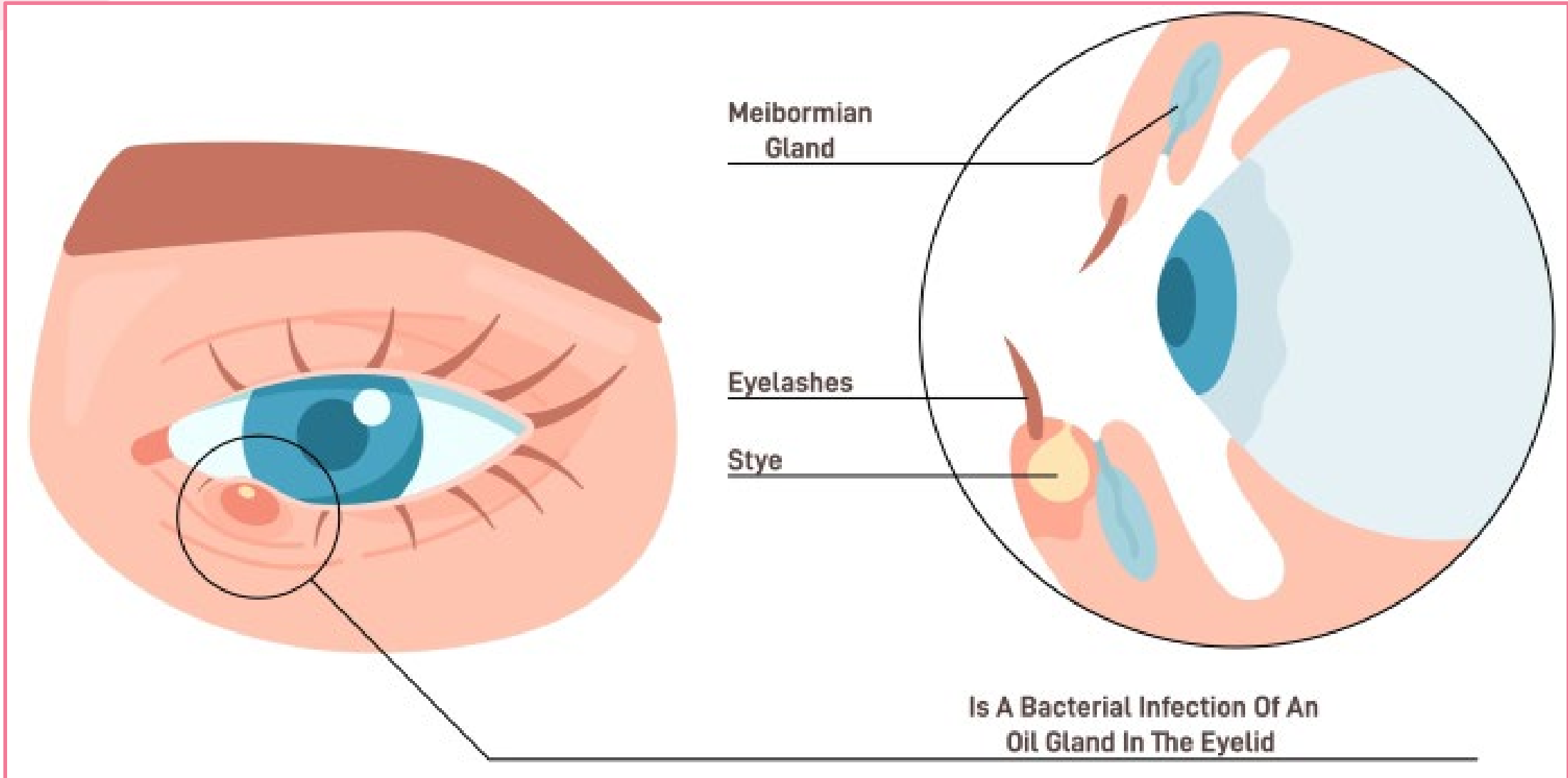


# *Stye*



- Also known as hordeolum.
- Most caused by a staph infection.
  - When bacteria get trapped inside clogged oil glands an infection can occur.
- Small, red bump visible on the outside of the eyelid in the lash line.
- Resembles a “pimple”.
- Can be inside the eyelid.

# *Stye = Hordeolum*



# *Symptoms of a Sty*

- Painful swelling of the eyelid.
- Frequent watering of the affected eye.
- Discharge or crustiness.
- Light sensitivity.
- Foreign body sensation.
- Blurry vision.



# *Relieving symptoms of a sty:*

- Mild heat/warm compresses 5-10 minutes up to 4 times a day.
- To clean eyelids, lightly massage with diluted, tear-free baby shampoo; rinse with warm water.
- Don't pop or squeeze the sty.
- Don't rub the eye or eyelid - increases inflammation and introduces more bacteria, dirt, and oil.

## 6 Ways to Treat a Sty



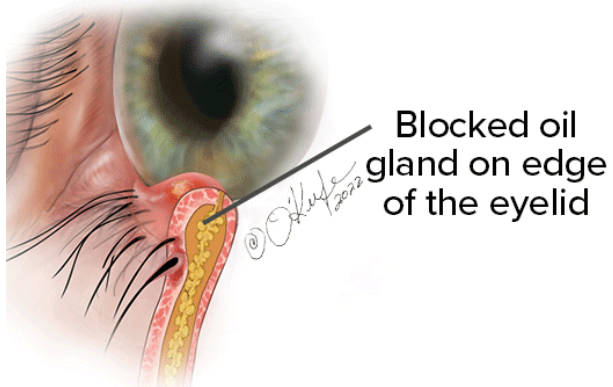
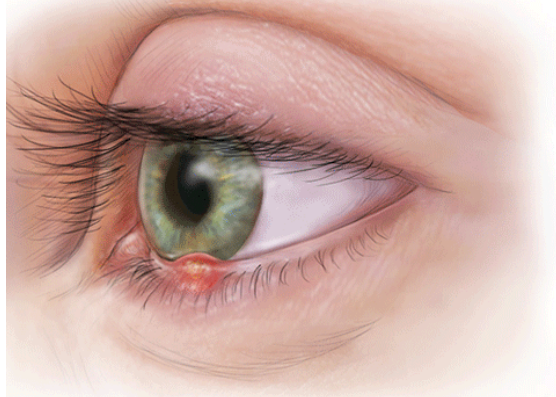
1. Wear your glasses (not contacts)
2. Stop wearing eye makeup
3. Wash your hands before and after touching the sty
4. Clean your eyelids
5. Apply a warm compress
6. Massage the area

ALL ABOUT VISION

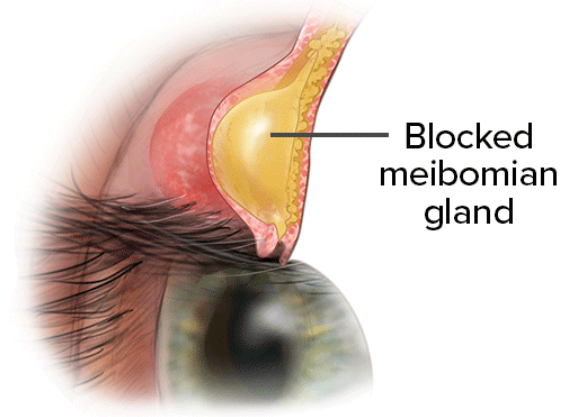
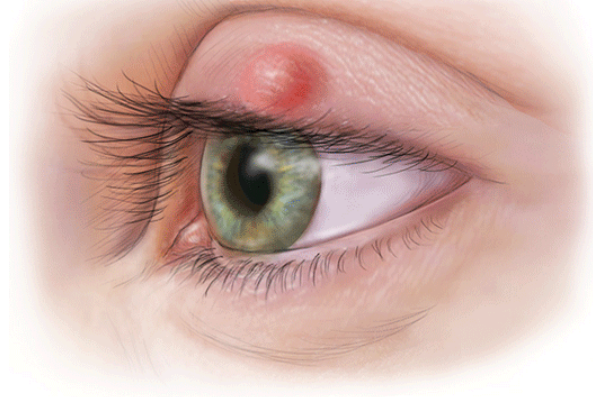


# Stye vs Chalazion

STYE



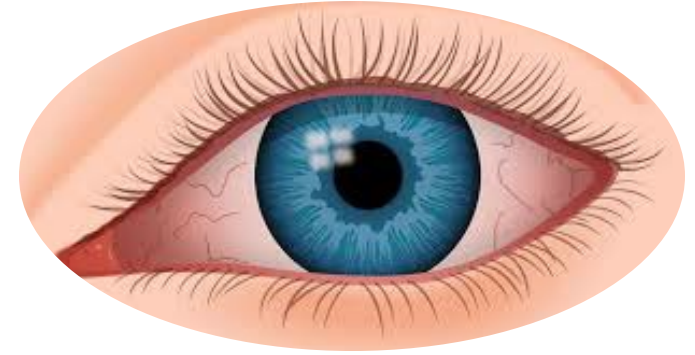
CHALAZION



- ❖ Chalazion = meibomian cyst.
- ❖ Forms inside eyelid when meibomian gland is blocked.
- ❖ More common on upper lid.
- ❖ Unlike a stye, not an infection.
- ❖ Feels like lump under skin; not painful.
- ❖ Can grow to size of a pea.



# *Dry Eye*



- Dry eye happens when eyes don't make enough tears to stay wet, or when tears don't work correctly.
- This can make eyes feel uncomfortable, and in some cases, can also cause vision problems.
- Dry eye is common.

# *Symptoms of dry eye*

- Scratchy feeling, like something in the eye.
- Stinging or burning.
- Red eyes.
- Sensitivity to light.
- Blurry vision.



# *Risk factors for developing dry eye*

## **Environmental aspects:**

- Low humidity
- High temperature
- Wind
- Air pollution
- Tobacco smoke



## **Nutritional factors:**

- Diet low in omega-3 fatty acids
- Diet with higher ratio of omega-6 to omega-3 fatty acids

## **Daily activities:**

- Computer use
- Watching TV
- Prolonged reading



# *More risk factors*



## **Medications**

- Anticholinergic drugs:
  - Antihistamines
  - Tricyclic antidepressants
  - Antispasmodics
- Beta blockers
- Diuretics
- Chemotherapy, etc.

## **Other factors:**

- Refractive surgery (LASIK)
- Parkinson's
- Diabetes
- HIV



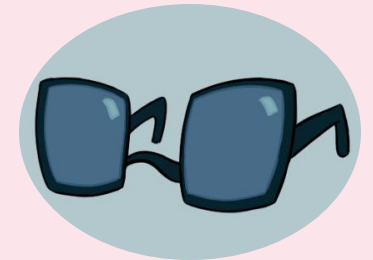
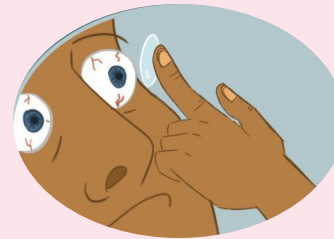
# *Treatment of dry eye*



- **The most common treatment is over-the-counter lubricating eye drops and moisturizing gels and ointments.**
- **There are prescription medications that help help the eyes make more tears.**

# *Lifestyle changes to decrease dry eye*

- **Avoid smoke, wind, and air conditioning.**
- **Use a humidifier.**
- **Limit screen time.**
- **Take breaks from contact lenses.**
- **Wear sunglasses.**
- **Stay hydrated.**
- **Get enough sleep.**



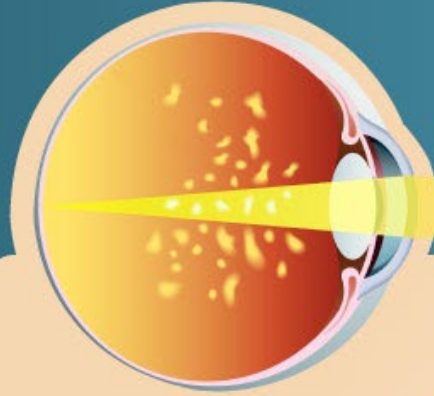
A large, irregular pink brushstroke graphic that serves as a background for the title text.

# *Floaters*

- **Small specks, squiggly lines, or cobweb-like images that seem to dart about in front of your eyes, moving as your eyes move.**
- **Can be insignificant and annoying, or may signal something more serious, like detachment of the retina.**
- **Tend to develop as people age.**
- **More common in diabetics, nearsighted people, or after cataract surgery.**



# *Eye floaters*



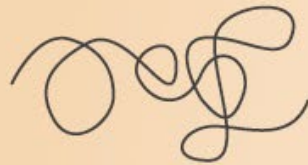
**Eye floaters come in  
different shapes and sizes**



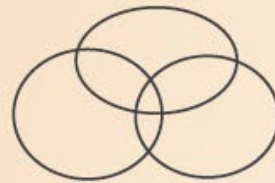
Semi-transparent soft strands  
that look like threads



Black or grey dots



Squiggly lines



Rings

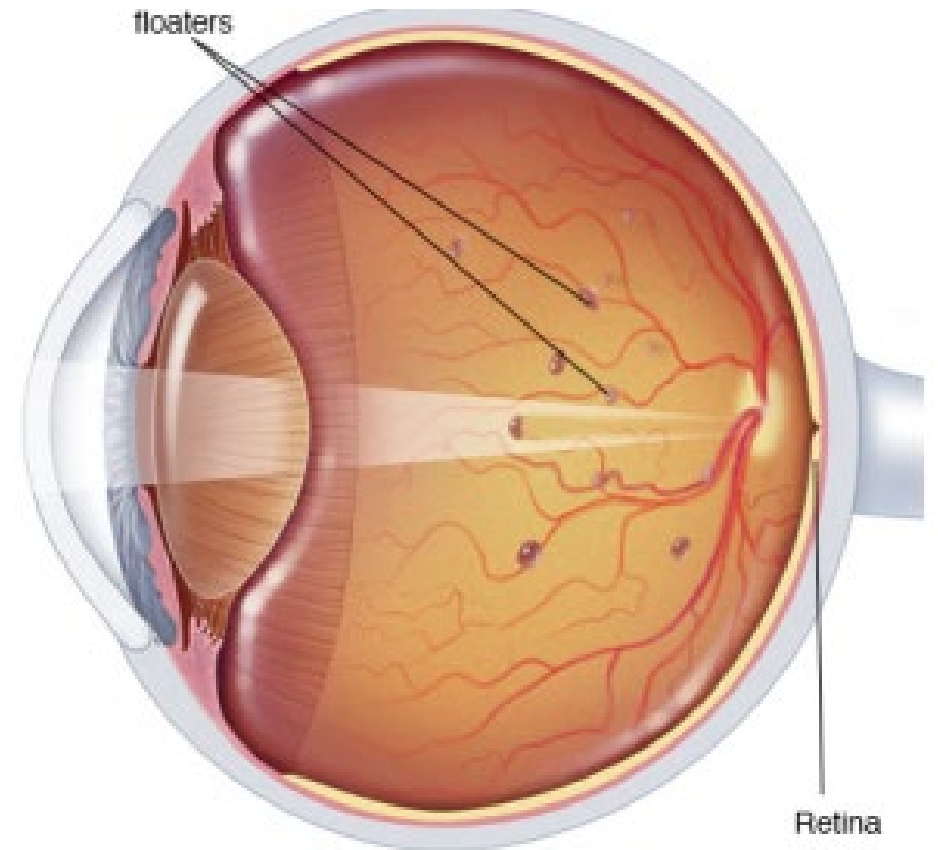


Webs



# *Why do floaters develop?*

- The vitreous is a gel-like substance that fills about 80 percent of your eyes, giving them their round shape.
- Over time, it slowly shrinks and can become stringy. The strands that result cast tiny shadows on the retina that cause you to see floaters.
- When a section of the vitreous pulls fine fibers away from the retina all at once, you may suddenly see many new floaters.
- Floaters require no treatment. The floaters eventually seem to settle at the bottom of the eye, below the line of sight.



# *Common Eye Problems*

Thank you

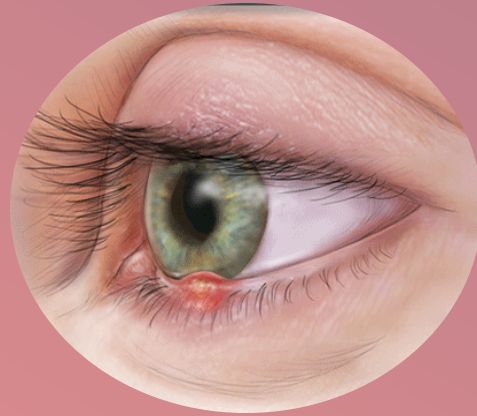
Jean Justad, MD

Medical Director DDP

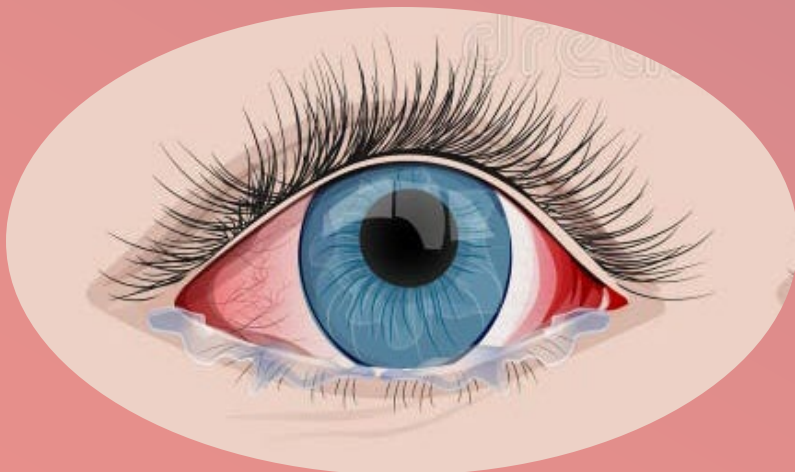
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