

TWOP

World Keratoconus Day



Source: American Optometry Association

World Keratoconus Day

is an annual day of awareness held on

November 10,

to focus global attention on

Keratoconus and ectatic corneal

disorders

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Definition & Prevalence

Definition:

- **Keratoconus** is a vision disorder that occurs when the normally round cornea becomes thin and irregular (cone) shape which prevents the light entering the eye from being focused correctly on the retina.

Prevalence:

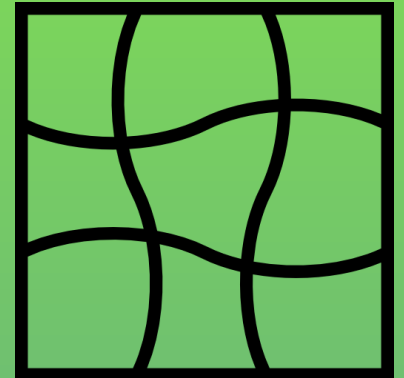
- **Prevalence** of Keratoconus differs according
- to the geographical location around the world.
- It is generally **1 in 2000** people and **7%** have a family history of the disease.
- The estimated **annual incidence** of keratoconus ranges from **50 to 230 cases** per 100,000 population.



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Sign & Symptoms


- Blurred or distorted vision.
- Increased sensitivity to light and glare, which can cause problems with night driving.
- Monocular diplopia.
- Sudden worsening or clouding of vision.
- A need for frequent changes in eyeglass prescriptions.
- Poor repeatability of subjective refraction.
- Munson's sign.



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Causes & Risk factors

Causes:

- Although the most common type of keratoconus is sporadic, other studies show that the keratoconus has hereditary bases in some cases. 
- One in 10 keratoconus sufferers has a close family relative with the disorder.
- Frequent eye rubbing, especially aggressive “knuckling” eye rubbing.



Risk Factors:

- Having a history of asthma, allergies, Ehlers Danlos syndrome, Down’s syndrome, or Retinitis Pigmentosa Osteogenesis imperfecta.



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Treatment

Lenses:

- Eyeglasses or soft contact lenses.
- Hard contact lenses.
- Piggyback lenses.
- Hybrid lenses.
- Scleral lenses.



Therapies:

- Corneal collagen cross-linking.



Surgery:

- Penetrating keratoplasty.
- Deep anterior lamellar keratoplasty (DALK).



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Possible Complications & Prevention

Complications:

- Acute corneal hydrops:
- Advanced keratoconus rarely may progress to acute corneal hydrops due to breaks in Descemet's membrane, leading to corneal oedema.
- Secondary corneal scarring.

Prevention:

- Avoid frequent rubbing of the eyes.
- Visit your Optometrist regularly for corneal curvature measurements and tests for irregular astigmatism.

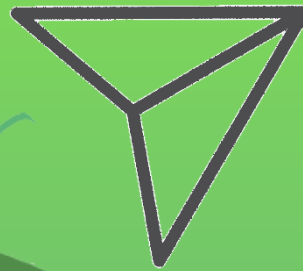




Wow, what a cool content



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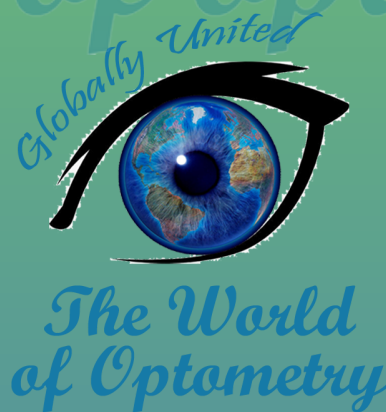


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