

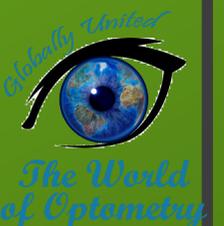


# TWOP News

TWOP News exclusively delivering informations, ideas and connects people in The World of Optometry



**HAZARD TO EYE: Specific conditions in mountain & remote areas**



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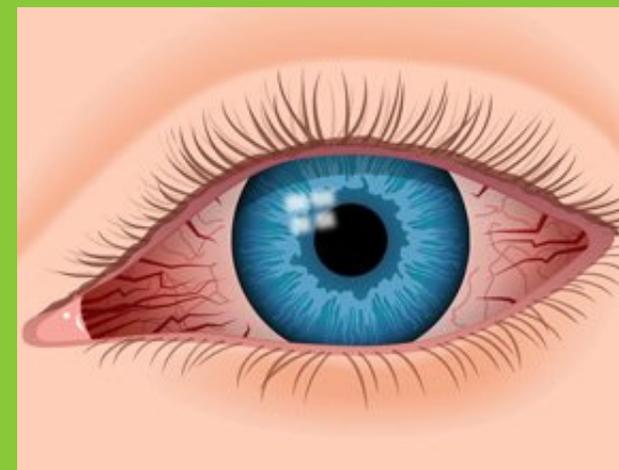
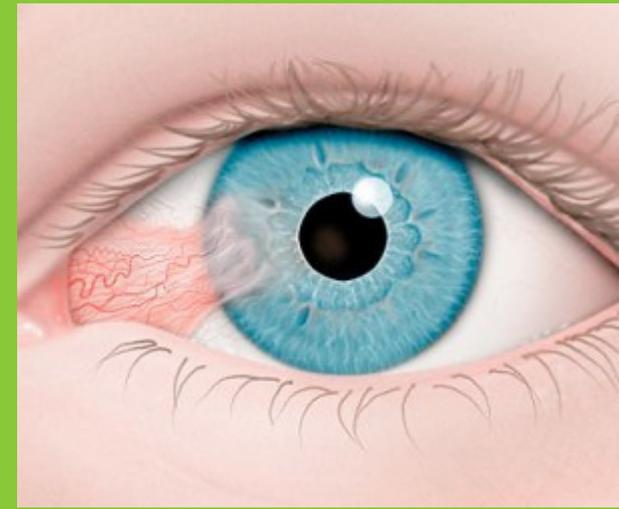
# Introduction

- The eye is a sensitive human organ composed of several different delicate structures inside.
- Due to this, it is easily prone to complications. Hazards can vary from region to region.
- For example, as we move above sea level at high altitude such as mountains, eye conditions may become more prevalent. Such places have both short-term and long-term effects on the eyes.



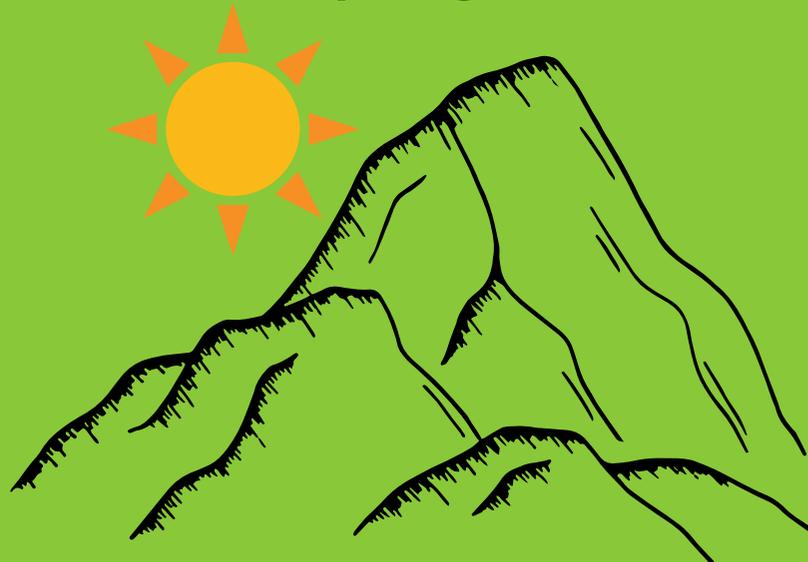
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- The short-term effects include high-altitude retinopathy, change in corneal thickness, and photokeratitis.
- The long-term effects include pterygium, cataract, and dry eye syndrome.



# Quick Facts on such conditions

- A mild degree of high-altitude retinopathy can have no or very little effect on vision.
- Change in corneal thickness can be seen in individuals who have had ocular surgery such as LASIK and Radial Keratotomy.
- Due to stronger ultraviolet rays at mountains, a higher incidence of pinguecula is reported.



# Quick Facts on such conditions

- Hypoxia conditions can contribute to dry eyes which can be treated easily by artificial tear-drops. Hypoxia can also cause corneal edema which results in foggy vision.
- Use of sunglasses with sidepieces and goggles with polarized or photochromic lenses can prevent the majority of ocular complications in mountaineering.



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- Ocular health has been taken for granted in most of the remote areas.
- This might be due to insufficient primary eye care centers and trained eye health care practitioners to cater to the needs of such population, and lack of awareness and financial support to such services.
- Remoteness is highly associated with numbers of direct and indirect causes of ocular complications include refractive error, cataracts, conjunctivitis, pterygium, nasal lacrimal duct occlusion (NLDO), trauma, occupational eye injury, and uveitis.



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- Unfortunately, those untreated eye condition will result in blindness or vision loss.
- All these complications can be minimized with the proper provision of eye care facilities in remote areas.
- Furthermore, awareness campaigns would further help ensure a timely visit to the eye care center.



DRAG TO THE SIDE  
DRAG TO THE SIDE

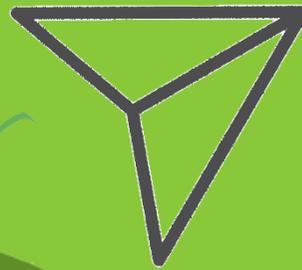
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