



# PAEDIATRIC OPHTHALMOLOGY

THE WORLD THROUGH A CHILD'S EYES



**HINDUJA HEALTHCARE**

*Surgical*

# Children's eyes need **early attention**

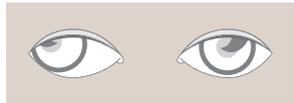
Several hidden eye problems can be detected and prevented as early as birth. Furthermore, a routine eye examination from age 4 onwards is recommended for all children.

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## COMMON EYE PROBLEMS IN CHILDREN

The Children's Eye Clinic at Hinduja Healthcare Surgical treats the most common eye problems in children:

### ● Squint



This condition is when one eye is straight and the other is turned away. A squint is not just a cosmetic problem, but can lead to

a permanent reduction in vision in the lazy eye. Sometimes, a squint can be detected at birth. And contrary to common belief, a squint will not go away by itself, it needs to be treated as early as possible.

A squint can be treated in any of the following ways:

- Glasses
- Patching
- Fusion exercises
- Surgery
- Botulinum toxin injection (Botox)

### ● Refractive errors



Myopia

Hypermetropia

Astigmatism

10-12 % of children are affected by reduced vision due to the optics of the eye being out of focus. Myopia (Near Sightedness), Hypermetropia (Far Sightedness) and Astigmatism are common refractive errors and should be treated as early as possible with glasses or contact lenses. This helps prevent further loss of

vision, or a lazy eye. Children with a refractive error in only one eye may never complain of reduced vision so a vision test is ideally recommended from age 4. If parents or close family members have glasses since childhood, their children have a higher chance of needing glasses too.

### ● Lazy Eye (Amblyopia)



This is poorly developed vision in one eye at an early age due to 'lack of stimulation' of that eye.

It affects 1-3.5 % of children and can occur due to:

- Squint
- Uncorrected refractive error
- Droopy eyelid
- Cloudy eye (corneal opacity)
- Cataract

Conventional treatments like glasses and patching are usually effective only till age 7-9. This is a silent condition and can only be detected with an eye examination. Both these reasons make it critical to treat a lazy eye as early as possible.

### ● Droopy eyelid (Ptosis)



Whether complete or partial, Ptosis is not just a cosmetic problem. If the lid obstructs the vision, it can cause permanent reduced vision or a lazy eye. Children with a droopy eyelid should be checked as early as age one for refractive errors, and fitted with glasses if needed. A complete droopy eyelid may need surgery.

### ● Watery or Sticky Eye in Newborns



This usually occurs due to a blocked tear (Nasolacrimal) duct. Glaucoma and FB may be the other rare causes of watering at this age and must be ruled out first. Although 90% of blocked tear ducts spontaneously recover by age one, if this does not rectify on its own, watery and sticky eyes should be treated with a massage or probing (surgery).

### ● Childhood Glaucoma



This rare condition in children occurs when increased eye pressure results in large eyes, optic nerve damage and clouding of the cornea. It is a potentially blinding condition and must be treated immediately. Depending on the condition, childhood Glaucoma can be treated with eye drops or surgery.

### ● Childhood Cataract



This clouding of the lens of the eye is responsible for 10% of blindness in children.

Childhood Cataract can be caused by:

- Congenital (Idiopathic)
- Infections (e.g. Rubella)
- Metabolic diseases (e.g. Galactosaemia)
- Steroid intake

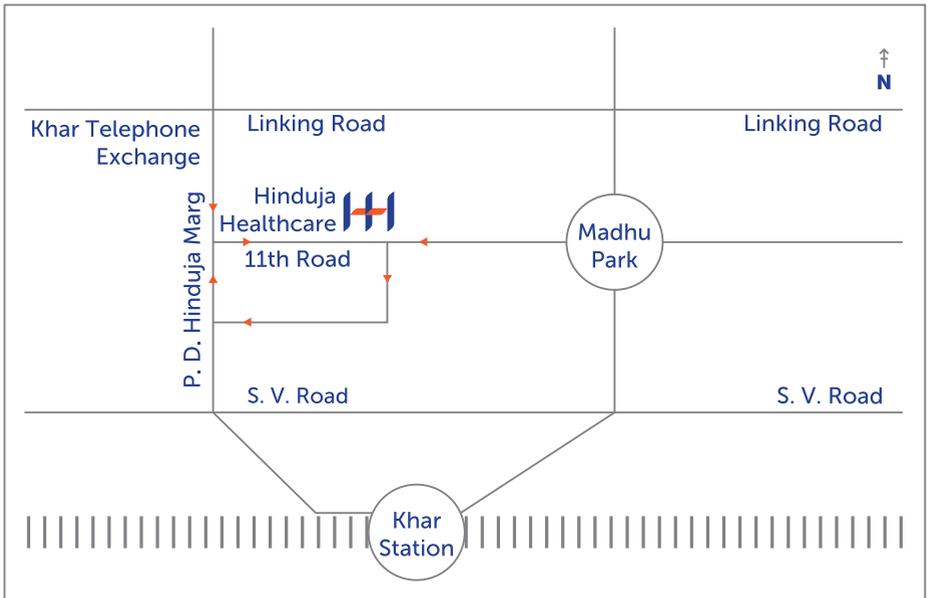
This condition must be treated as early as possible with surgery. In fact, cataracts present at birth are best treated before 6 weeks of age.

### ● Retinopathy of Prematurity (ROP)

This is an abnormal vessel formation in the retina that occurs in preterm babies (under 34 weeks or 1.5 kg birth weight). A dilated eye examination at 4-6 weeks after birth must be conducted and depending on the severity, either a laser treatment or regular monitoring is needed. Preterm children have a higher incidence of squints and refractive errors, and should have a routine eye examination before age 4.

We also treat conditions like:

- Childhood Orbital conditions (Proptosis)
- Eye problems related to learning disabilities and neurologically challenged children
- Genetic eye conditions
- Blocked tear ducts (NLD Obstruction)
- Corneal transplant in children
- Artificial eyes and contact lenses
- Low vision aids (telescopes and magnifying glass)



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