

Nethra Arogyam

Sensitivity to Light

Closer Look at

Photophobia



EYE CARE WITH CARE

Sensitivity to Light

A Closer Look at Photophobia



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It's important to note that photophobia is a symptom rather than a standalone condition. Identifying and addressing the underlying cause is crucial for appropriate treatment and management.

Photophobia, or light sensitivity, is a condition that affects individuals in various ways, making exposure to light an uncomfortable or painful experience. Photophobia is not a standalone condition but rather a symptom of an underlying issue. The eye's heightened sensitivity to light can be attributed to a range of factors, including eye disorders, neurological issues, or even certain medications. Understanding the root cause is crucial for effective management.

Causes:

Conjunctivitis (Pink Eye): Inflammation of the conjunctiva, the thin membrane covering the eye, can lead to light sensitivity.

Uveitis: Inflammation of the uvea,

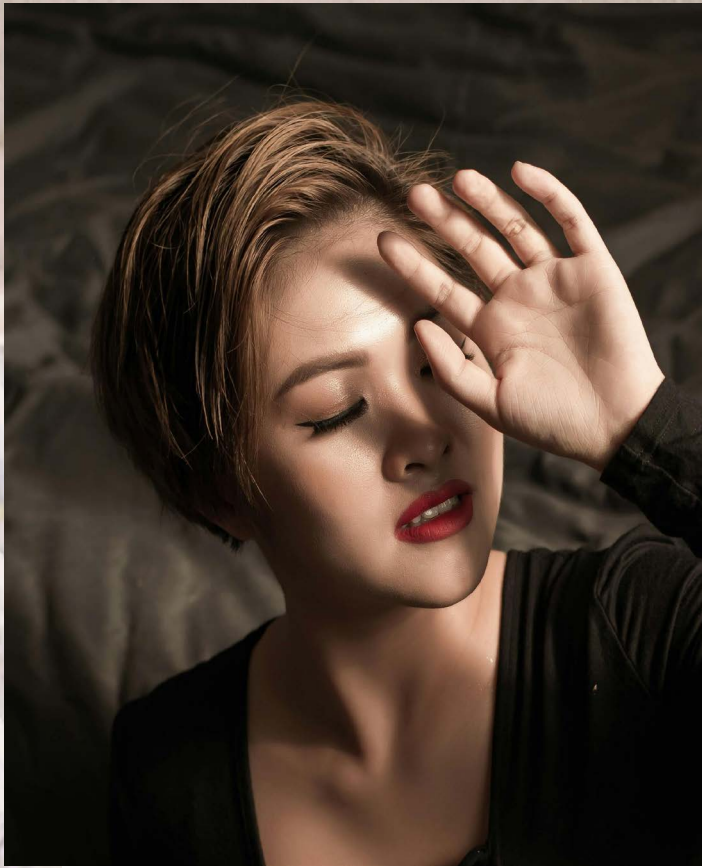
the middle layer of the eye, can cause sensitivity to light.

Corneal Abrasions: Scratches or injuries to the cornea, the clear front part of the eye, can result in heightened sensitivity to light.

Migraines: Individuals who suffer from migraines often experience photophobia during migraine episodes. The exact connection between migraines and light sensitivity is not fully understood, but it is a common symptom.

Trauma or Injury: Physical trauma or injury to the eyes, head, or brain can lead to photophobia. The eyes may become more sensitive to light as a protective response.

Infections: Viral or bacterial infections affecting the eyes, such as herpes



simplex or bacterial keratitis, can cause photophobia as part of the inflammatory response.

Neurological Conditions: Certain neurological disorders, including meningitis, encephalitis, and brain tumors, can result in heightened sensitivity to light.

Iritis: Inflammation of the iris, the colored part of the eye, can lead to photophobia.

Corneal Conditions: Conditions like keratitis or corneal ulcers can cause discomfort in response to light.

Medications: Some medications, particularly those that affect the eyes or the nervous system, may cause light sensitivity as a side effect.

Albinism: People with albinism, a genetic condition characterized by a lack of melanin, may experience photophobia due to the absence of pigmentation in the eyes.

Drug Withdrawal: Abrupt withdrawal from certain substances, such as opioids or benzodiazepines, may lead to increased sensitivity to light.

Symptoms:

These symptoms can range from mild to severe and may be associated with underlying conditions

Discomfort or Pain: Individuals with photophobia often experience discomfort or pain in response to exposure to light. This can range from a mild irritation to intense pain, depending on the severity of light sensitivity and the underlying cause.

Squinting or Closing Eyes: Squinting or closing the eyes is a natural response to excessive light. People with photophobia may find themselves squinting or shutting their eyes tightly in bright environments to reduce the discomfort.

Headaches or Migraines: Photophobia is frequently associated with headaches or migraines. Exposure to bright light can trigger or exacerbate headaches in susceptible individuals.

Tearing or Watery Eyes: Excessive tearing or watery eyes may occur as a protective mechanism against bright light. The eyes may produce more tears in an attempt to lubricate and protect the sensitive surface.

Blinking: Increased blinking is another reflexive response to photophobia. Blinking helps to moisten the eyes and protect them from the irritation caused by light.

Avoidance of Light: Individuals with photophobia may consciously or subconsciously avoid well-lit areas. They may prefer dimly lit environments or seek

shade to minimize exposure to bright light sources.

Eye Strain: Prolonged exposure to light can lead to eye strain, causing discomfort, fatigue, and sometimes pain. This may be accompanied by a feeling of heaviness or tightness around the eyes.

Nausea: In severe cases, exposure to bright light can induce nausea or a feeling of uneasiness. This is more common in individuals who experience photophobia in association with migraines.

Blurred Vision: Photophobia may be accompanied by blurred vision, making it difficult to focus on objects. This can contribute to a sense of disorientation and discomfort.

Increased Sensitivity to Screens: With the prevalence of digital devices, individuals with photophobia may find it challenging to tolerate the brightness of

screens, such as computers, smartphones, or televisions.

Solutions and Management:

Protective Eyewear: Sunglasses with UV protection or special tinted lenses can help reduce the impact of bright light.

Adjusting Lighting: Employing softer, indirect lighting at home or workspaces can create a more comfortable environment.

Prescription Glasses: Some individuals benefit from prescription glasses that address specific eye conditions contributing to photophobia.

Medication Management: Treating the underlying cause, such as migraines or infections, can alleviate photophobia.

Behavioral Changes: Managing daily activities to minimize exposure to bright light and taking breaks in dimly lit spaces can be helpful.

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Eye Care with Care

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