

Nethra Arogyam

Keratitis

What You Need to Know



EYE CARE WITH CARE

Keratitis

What You Need to Know



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An inflammatory condition of the cornea, can be a distressing and potentially sight-threatening ailment if not promptly addressed.

Keratitis is a condition where the cornea, the transparent layer at the front of the eye, becomes inflamed. This inflammation can be caused by various factors such as infections, injuries, or underlying medical conditions.

Causes:

Keratitis can stem from various sources, ranging from microbial infections to non-infectious factors.

- **Infectious Keratitis:** Caused by bacteria, viruses, fungi, or parasites entering the eye and infecting the cornea. Common pathogens include bacteria like *Staphylococcus aureus* and *Pseudomonas aeruginosa*, viruses like herpes simplex virus (HSV), and fungi like *Fusarium* and *Aspergillus*.
- **Non-infectious Keratitis:** This type of keratitis is caused by factors other than infections, such as dry eye syndrome, exposure to ultraviolet (UV) radiation, allergic reactions, or wearing contact lenses for extended periods without proper hygiene.

Symptoms:

- **Eye Pain:** Experience discomfort ranging from mild irritation to severe pain. The pain may be constant or intermittent and can worsen with blinking or exposure to light.
- **Redness:** The affected eye may appear red or bloodshot due to inflammation of the blood vessels in the conjunctiva, the thin, transparent membrane covering the white part of the eye.

- **Sensitivity to Light (Photophobia):** Individuals with keratitis often experience heightened sensitivity to light, known as photophobia. Exposure to bright light sources, such as sunlight or artificial indoor lighting, can exacerbate discomfort and cause squinting or reflexive closure of the eyelids.
- **Blurry Vision:** Keratitis can cause visual disturbances, including blurred or cloudy vision. This blurriness may be mild initially but can progress if the condition is left untreated or if complications develop.
- **Excessive Tearing (Epiphora):** The eye may produce an increased amount of tears as a protective response to irritation and inflammation. This excessive tearing can contribute to a watery or teary appearance of the eye.
- **Discharge:** Depending on the cause of keratitis, the affected eye may produce discharge, which can range from clear and watery to thick and purulent (containing pus). Discharge may accumulate around the eyelids or corners of the eye, especially upon waking.
- **Foreign Body Sensation:** Some individuals with keratitis report feeling as though there is something foreign or gritty in their eye, even if nothing is present. This sensation may result from the inflammation and damage to the corneal surface.

Diagnosis and Evaluation:

Diagnosing keratitis requires a meticulous assessment, typically involving a thorough medical history, slit-lamp examination, and sometimes,

corneal cultures or imaging studies. Distinguishing between infectious and non-infectious etiologies is paramount, guiding the selection of appropriate treatment strategies.

Treatment:

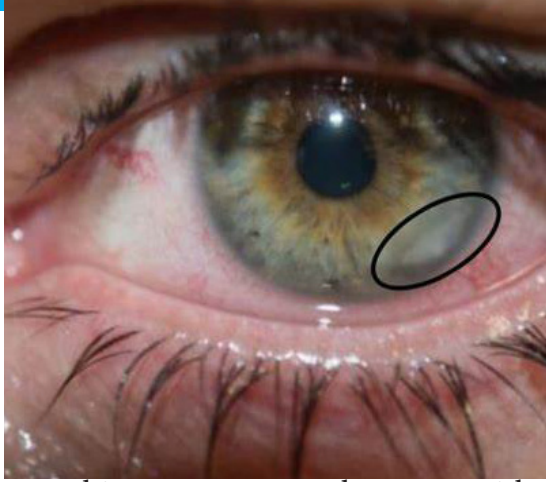
Treatment regimens for keratitis are multifaceted, tailored to the specific cause and severity of the condition. In cases of infectious keratitis, antimicrobial therapy with topical or systemic agents may be indicated, often supplemented by supportive measures such as lubricating eye drops or bandage contact lenses. Conversely, non-infectious keratitis may necessitate anti-inflammatory medications, lifestyle modifications, or interventions targeting the underlying trigger.

Complications & Prognosis:

Despite advancements in treatment, keratitis can pose significant challenges and lead to complications such as corneal scarring, vision loss, or even corneal perforation in severe cases. Early recognition and intervention are key to mitigating these risks.

Prevention Strategies:

- **Good Hygiene Practices:** Always wash your hands thoroughly before touching your eyes or handling contact lenses.
- **Contact Lens Care:** If you wear contact lenses, follow proper hygiene and care guidelines - cleaning and disinfecting lenses, avoiding sleeping in lenses unless prescribed, and replacing lenses as recommended.
- **Proper Lens Handling:** Avoid



touching contact lenses with dirty hands or storing them in contaminated solutions. Make sure to clean and disinfect lens cases.

- **Avoiding Eye Trauma:** Protecting your eyes from injury. Wear protective eyewear during activities such as sports or working with tools or chemicals.

- **Avoiding Contaminated Water:** Avoid swimming or using hot tubs while wearing contact lenses, as water can introduce harmful microorganisms to the eye, increasing the risk of infection.
- **Regular Eye Exams:** Routine eye exams can help detect any early signs that help prevent complications.
- **Proper Use of Eye Medications:** If you use eye medications, such as corticosteroids or antibiotics, make sure to use them as prescribed by your eye care professional.
- **Healthy Lifestyle Choices:** Maintain overall good health. Eat a balanced diet, regular exercise, manage diabetes, and avoid smoking, which can increase the risk of eye diseases.

CATARACT

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CORNEA & REFRACTIVE SURGERY

OCULOPLASTY

RETINA

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Eye Care with Care

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FACILITIES AVAILABLE

<ul style="list-style-type: none"> ◆ Cataract Services ◆ Cornea Services ◆ Diabetic Eye care Services ◆ Paediatric Services 	<ul style="list-style-type: none"> ◆ Glaucoma Services ◆ Orbit, Oculoplasty & Neurophthalmology Services ◆ Community Services ◆ Facial Aesthetics
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