Optometry Tidbit | Keratoconus

**What is Keratoconus?**

Keratoconus is a disease of the eye that causes the cornea to thin and hence develop into a conical shape. As the shape of the cornea changes due to the disorder, the light entering the cornea is no longer focusing correctly on the retina, thus causing visual distortions, such as glaring, halos, streaking, blurred vision, and multiple images of a single object. Other symptoms may include increasing sensitivity to light, difficulty driving at night, eye strain, head and eye pain, and excessive eye irritation.

**How can it be treated?**

During the early stages of Keratoconus, patients are often treated with gas permeable contact lenses to reduce the affects of astigmatism and nearsightedness to provide adequate vision. About 10% of all keratoconic patients may require a corneal transplant. However even after corneal transplants, glasses and contact lenses are often needed to further correct one’s vision. New surgical options such as collagen cross-linking and intrastromal corneal ring are controversial but maybe helpful for certain individuals.

Keratoconus affects both eyes, but one eye more than another. Early detection can help improve a keratoconic patient’s quality of life.

By Sally Wu

**What are the causes?**

Early symptoms of Keratoconus, such as blurry vision and visual distortion,

**References**
