

Bacterial keratitis

(back-TEER-ee-uhl kair-uh-TIE-tiss)

This condition occurs when bacteria infect the cornea (KOR-nee-uh), the clear covering over the front of the colored portion of the eyeball.^{5,8}



LOOK

What should I look for?

- Pain and sensitivity to light; blurred or hazy vision.^{5,7}
- Watery and bloodshot eyes; thick discharge; a feeling as though there is something in the eye.^{5,7}

CAUSE

What causes it?

- Bacterial infections.^{5,6}
- Contact lenses tend to be the main risk factor.⁶

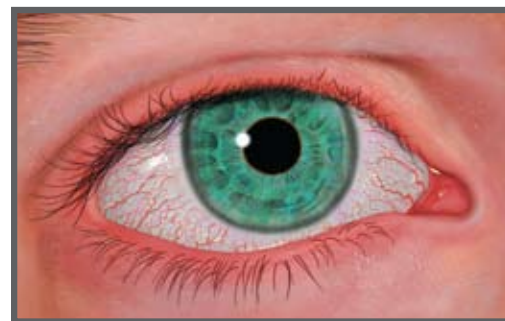
TREAT

Why treat it?

- To relieve symptoms and discomfort.^{5,7}
- To prevent complications such as damage to the surface of the eye, inner-eye infection, and weakened vision.⁷

Allergic conjunctivitis

This condition is an inflammation, caused by allergies, of the inner surface of the eyelid and the white part of the eye.¹²



LOOK

What should I look for?

- Itchy, burning, teary eyes.¹
- Red, swollen eyelids and/or redness in the white of the eye or inner eyelid.¹

CAUSE

What causes it?

- Seasonal allergies caused by allergens such as pollen, grass, and other airborne particles.³
- Year-round allergies caused by allergens such as animal dander, dust, and mold.³

TREAT

Why treat it?

- To help the eye look, feel, and function normally and to prevent problems from recurring.¹
- To prevent uncomfortable feelings in the eye, sensitivity to light, infection, and possible weakened vision.^{2,3}

STEP 2

Step 2: Answer the following questions about your eyes.

Describe how your eyes feel.

1. Do your eyelids itch, burn, or feel heavy or puffy? Yes No
2. Do your eyes get dry and/or irritated? Yes No
3. Do your eyes tear up or water, especially right after you wake up? Yes No
4. Do your eyes get irritated after looking at a computer for more than 3 hours? Yes No

Describe how your eyes look in the morning.

5. Do you notice crust or flakes on your eyelashes? Do your eyelids stick together? Yes No
6. Do your eyes or eyelids look red? Yes No

Describe your eyes over time.

7. Have you ever had red bumps (sties) on your eyelids? Yes No
8. Do you routinely lose eyelashes? Yes No
9. Have you ever been diagnosed with blepharitis, dry eye, or allergies? Yes No
10. If you wear contact lenses, do you have trouble wearing them all day? Yes No Does not apply

STEP 3

Step 3: Discuss your answers with your doctor.

If you answered *yes* to any of the questions above, you may have an eye surface or eyelid disease. Only a healthcare professional can properly diagnose and treat eye surface and eyelid diseases, so bring this information to your next doctor visit.

Together, you and your doctor can help to ensure a healthy future for your eyes.

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Seeing the big picture:

eye problems and eye health

A step-by-step guide to understanding eye surface and eyelid diseases and promoting healthy eyes

Keeping your eyes healthy is easy if you follow these 3 steps.

STEP 1 Step 1: Read about the 5 most common diseases of the eye surface and eyelid.

The eye surface has 2 major areas, the cornea (KOR-nee-uh) and the conjunctiva (kon-JUNK-ty-vuh). These areas are bordered by the upper and lower eyelids. When healthy, they provide for clear, comfortable vision and protect against eye infection and damage.



However, a variety of eye surface and eyelid problems—discussed inside—can affect the health of the eye.

This pamphlet can help you recognize the signs of these common problems—called *ocular surface diseases* and *lid margin diseases*.

RECOGNIZE

Recognizing these signs and diagnosing eye problems early can¹⁻¹³

- Reduce the chance they will get worse
- Prevent them from bothering you over the long-term

REMEMBER

Remember that left untreated, eye surface and eyelid problems may result in¹⁻¹³

- Continued discomfort
- Serious infection
- Wounds that don't heal (ulcers)
- Weakened sight
- Problems after eye surgery
- The inability to wear contact lenses
- Changes in the eyes' appearance

Bacterial conjunctivitis (back-TEER-ee-uhl kon-JUNK-ti-vy-tis)

This disease occurs when bacteria infect the conjunctiva, the thin, clear layer of tissue that lines the inside of the eyelid and covers the white part of the eye.^{2,4}



LOOK

What should I look for?

- Redness, swelling, and thick crust (pus) in one or both eyes.⁴
- Eyelids and eyelashes that are matted shut after sleeping.⁴
- Discomfort and some sensitivity to light.⁴

CAUSE

What causes it?

- Bacteria that are typically found on the skin.⁴

TREAT

Why treat it?

- To relieve discomfort and to keep the infection from getting worse.²
- To avoid the spread of infection. Bacterial conjunctivitis clears up with time, but bacteria could spread to other parts of the eye, such as the cornea.⁴

Blepharitis (blef-uh-RY-tis)

Blepharitis is a common condition that causes inflammation around the eyelid and eyelashes. It occurs in 3 forms, usually classified by location: the outer eyelid (anterior), the inner eyelid (posterior), or a combination of the 2 (mixed).⁹⁻¹¹

Anterior (an-TEER-ee-ur)

This disease causes inflammation around the outer (anterior) part of the eyelids and eyelashes.^{9,10}



LOOK

What should I look for?

- Eyes: itchy, burning, scratchy, dry, or watery; a feeling as though there is something in the eye.^{9,11}
- Eyelids: inflamed, swollen, red, scaly, or crusty.^{9,11}
- Eyelashes: lost, broken, or misdirected; crusted lashes, especially right after waking up.^{9,11}

CAUSE

What causes it?

- Bacterial infection or excessive oils (associated with dandruff).^{9,11}

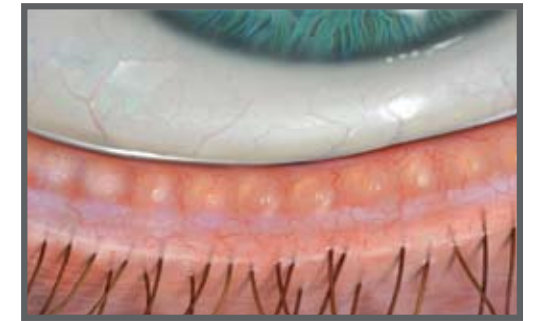
TREAT

Why treat it?

- To make the eye look, feel, and function normally.^{10,12}
- To prevent further damage to the eye and avoid weakened vision.^{10,12}
- To reduce problems after eye surgery.¹²

Posterior (pos-TEER-ee-ur) or meibomian (my-BOH-mee-an) gland disease (MGD)

This disease causes inflammation around the inner (posterior) part of the eyelids and eyelashes.^{9,10}



LOOK

What should I look for?

- Eyes: tired, itchy, burning, red, dry, or watery; a feeling as though there is something in the eye; light sensitivity; problems wearing contact lenses.^{10,11}
- Eyelids: sore, swollen, or inflamed; scalloping (row of small bumps) along lid edge; cysts.^{10,11}

CAUSE

What causes it?

- The meibomian glands become clogged with oil and inflamed, often because of bacteria. The meibomian glands are found along the rim of the eyelid.^{9,13}
- Other eye problems, such as dry eye and anterior blepharitis, may be associated.¹²
- Some skin conditions, such as acne rosacea, are often associated.¹⁰

TREAT

Why treat it?

- To help the eye look, feel, and work normally.¹²
- To reduce problems after eye surgery.¹²
- To reduce the risk of additional eye problems occurring.¹²