

"A small step towards a great future
in the field of vision".



Pediatric Ophthalmology
Eye Care For Childrens up to 16 years



Aditya Jyot
Eye Hospital
Pvt. Ltd.

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ENSURING HIGH QUALITY TOTAL EYE CARE

Pediatric Ophthalmology

When your child needs Eye care

We are there to help....

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Eye care in children is different from adults

The eye doctors for children are distinctive and trained differently because the types of eye diseases that affect children are different from the adults and require different kind of instruments to diagnose and treat.

What are the common eye diseases in children?

Although any eye disease that affect an adult can affect a child's eye; most common diseases are squinting of eyes, refractive errors, lazy eye disease, watering from the eyes, eye allergies, retinopathy of prematurity and eye injuries.

1. Squint (Crossed eyes)

When the child's eyes are not straight or aligned with each other it is called as squint. Squint can be corrected with glasses, eye exercises and surgery. Majority patients require an operation, which is very safe and can be done even in a child of 4 months age.

If the surgery is required it should be done in most cases within six months after the squint is noticed to avoid any irreversible damage to three-dimensional vision.

The squint surgery at Aditya Jyot eye hospital is performed using the adjustable stitch and fornix incision technique. This is the state of the art.

2. Refractive error (Eye glasses)

When the rays of the light do not come to a focus inside the eye it is called as refractive error.

Nearly 20-30% children who live in the cities like Mumbai have near sightedness or far sightedness or similar eye problems. They can be detected very easily even in a child who is 3 months old. If not treated in time it may lead to irreversible loss of vision. It is recommended that even a seemingly 'normal' child should be examined by an eye surgeon by the age of three years (before he/she goes to the kinder garden).

3. Amblyopia (Lazy eyes)

When a child has poor vision in one or both eyes due to the uncorrected refractive error or squint or due to the inability of the light to reach the interior of the eye, it is called as 'lazy eye disease'.

This disease can be treated with very satisfying results by patching therapy or instillation of medicines like Atropine...Most important issue is to diagnose the condition in time.

4. Watering of eyes (CNLDO)

This is a common condition in children. The tube that connects the eye to the nose is blocked. In more than 90% children it spontaneously gets cured with massage and antibiotic eye drops by one year of age.

In a small number of children a cleaning procedure called probing may be required.

5. Allergic Conjunctivitis

Allergic eye diseases are very common in young children. Child will usually present with excessive rubbing, redness and stickiness of the eyes.

A major concern in the treatment is recurrences upon stopping the treatment.

Repeated washing of the eyes with plain water, avoiding excessive dust by wearing protective glasses and avoiding sunlight by wearing a beaked cap will help. Some children require topical medicines like drops and ointments for long time.

6. Eye disease of premature children (Retinopathy of Prematurity)

A child born before 32 weeks of pregnancy or whose weight at birth is less than 1500 grams or who had to be kept in ICU for more than a week after birth is at a high risk to develop a blinding eye disease of the retina.

Such children should be examined within 4 weeks of their birth or 32 weeks after conception whichever is earlier. Many eyes can be saved by timely examination and treatment. Treatment can be either with the LASER or an eye surgery. It is an absolute must to examine these children before it is too late!!

7. Developmental cataract:

Cataract in children is less common but not rare. In a small minority the cause can be found and the future progeny can be saved from developing it. Once diagnosed, a child with cataract is likely to require the

cataract surgery. If the cataract surgery is performed at the earliest (by 2-4 weeks after birth), excellent vision can be achieved. The delay in operating leads to poor results. We have an excellent set up for the management of childhood-cataract including the general-anesthesia facility and a very experienced Pediatric eye surgeon.

What to look for to detect eye disease in Children?

Children's eyes change rapidly, and problems can occur at any age. That's why it's important to observe your child's eyes and to pay attention to how your child acts and what he or she says.

How the eyes appear?

Anything unusual in the way your child's eyes appear can be a sign of a problem. Watch for the following:

- Eyes that cross or one eye that turns in or out, or up or down.
- One eye that seems different in some way, such as a larger or smaller pupil.
- Eyes that look crusty, swollen, bloodshot, or red rimmed
- Eyes that water a lot.
- Any discharge, bleeding, or red bumps on the eyelids.
- A pupil that shows a white rather than a red reflection in a color photograph.

How the child sees?

Unusual behavior can sometimes be a sign of an eye problem. Watch your child for any of the following warning signs:

- Closing one eye or turning or tilting the head to see the things.
- Squinting to see things in the distance.
- Not seeing things you point out.
- Consistently holding objects close to the face or sitting very close to the TV (most children do this sometimes)Blinking or rubbing one eye a lot.

Running into objects or falling down at night or in places that aren't well lit.

What your child says?

Once your child is school age, he or she may be able to tell you about eye problems. Listen for mention the following:

- Not seeing the chalkboard at the school.
- Things looking blurry or funny.
- Eyes that itch, burn, or feel scratchy.
- Getting hit in the eye, or getting something in one eye.
- One or both eyes hurting, or a pain in ore around one or both eyes.
- Light making the eyes hurt.

What to do if you suspect your child has an eye problem?

Childhood eye problems don't go away on their own, but most won't damage sight if treated early. Take your child to an eye doctor or to your pediatrician as soon as you spot a problem. Your doctor can check your child's eyes at any age.

Preparing your child for an eye exam

Your child may be afraid of an eye exam and may not cooperate. You can help by telling your child what to expect:

- There won't be any shots.
- The doctor may put drops in your eyes .The drops may sting for a few seconds, and your vision may get a little blurry, but this will go away shortly.
- The doctor shines a light in your eyes to see inside them.
- The doctor asks you to name pictures or letters or point to things. You may wear special glasses or sit at a big machine.

Your Role

Pay attention to your child's eyes and behavior. Call the doctor if you notice a problem or if your child complains. And have your child's eyes checked at 3 years and between the ages of 7 and 18. Correcting vision problems early is the best way to correct your child's sight.