



National Center
for Children's Vision
and Eye Health

Prevent Blindness

Common Eye Diseases in Children

All Children's Health Initiative for Eye and Vision Excellence

ACHIEVE

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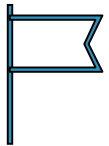
**it's not what you look
at that matters...it's
what you see.**

-Henry David Thoreau

Goals



Address common childhood eye diseases



Understand signs associated with the condition



Detail the role of regular eye exams in management

All about the LADs



Lids & **L**umps

Asthenopia

Discharge



Lids & Lumps



Ptosis

- Characterized by lower lid position in primary gaze
- Incidence: 1 in 842 births
- Key feature: visual axis

Sequelae

- Cosmetic, chin tilt
- Lower cornea exposure
- Visual obstruction

Importance of eye exam

Griepentrog GJ, Diehl N, and Mohney BG. **Incidence and Demographics of Childhood Ptosis**
Ophthalmology. 2011 Jun; 118(6): 1180–1183

Lids & Lumps



Science photo library, Merck

Hordeolum/Chalazion

- Characterized by bump near lid margin
- Bacterial infection or obstructed duct of oil gland

Sequelae

- Swelling, redness, press on cornea

Associations:

- Hormones, lid hygiene, air pollution

Treatment

- Antibiotic, warm compresses, sx

Eye exam!

All about the LADs



Lids & Lumps

Asthenopia

Discharge



Asthenopia



Onesight

Several Causes

- Uncorrected refractive error
- Eye teaming and focusing issues
- Too much near work

Asthenopia: Refractive Error



Uncorrected Refractive Error

- Hyperopia (Farsighted)
- Astigmatism
- Myopia (nearsighted)
 - Pseudomyopia

Asthenopia: Eye Teaming



Shutterstock

Binocular Issues

- Looking in front of target
- Looking too far behind target
- Eye misalignment/ strabismus
- Lazy eye/ amblyopia

Asthenopia



Computer vision syndrome

Eyestrain,
headaches,
fatigue,
posture

Take breaks!
20-20-20
15 min/hour of
computer work

Blue light
blocking
glasses or app
Regular eye
exams

Asthenopia



Computer Vision Syndrome

- Use dim red lights for night lights
- Avoid bright lights before bed
- Blue light filter app
- Blink, Blink, Blink!
- Change the settings on phone and laptop to dim at night

Asthenopia



Dry Eye

Signs

- Redness around eye
- “Something in eye”
- Eye rubbing
- Burning sensation
- Transient blur
- Increased blinking

Treatment

- Artificial tears
- Warm compresses, mask
- Limit screen time

All about the LADs



Lids & Lumps

Asthenopia

Discharge



Discharge



Types

Mucous

- Nasolacrimal duct obstruction
- Viral infection

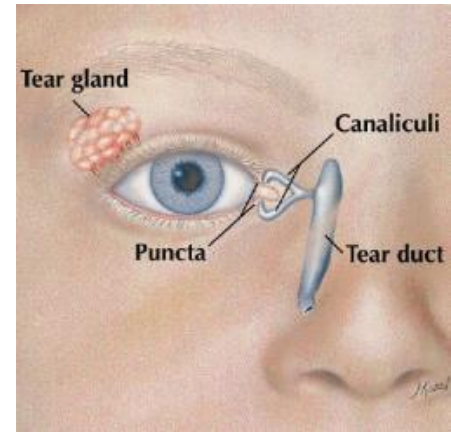
Watery

- NLDO
- Viral conjunctivitis
- Allergic conjunctivitis
- Dry eye

Pus

- Bacterial

Discharge



Nasolacrimal duct obstruction

- Excessive tearing
- Redness, swelling, crusting
- 20% newborns

Eye exam

- 6-10 months old, 66% resolved in 6 months without surgery



Discharge



Allergic Conjunctivitis

Signs

- **Watery discharge**
- Redness, swelling
- Bilateral, Itching

Acute tx

- Cool compress
- Artificial tears
- Allergy drop or steroid

Chronic tx

- Allergy drop, prn or steroid

Discharge



Coastal Eye

Viral Conjunctivitis

Signs

- **Watery discharge**
- Redness, swelling
- Bilateral
- Highly contagious!

Treatment

- Cool compress
- Artificial tears
- Antibiotic

Discharge



Bacterial Conjunctivitis

Signs

- **Mucous & pus discharge**
- Redness, swelling
- Unilateral
- History of infection

Treatment

- Antibiotic



Redness of the eye

Edema

Pus



Types of conjunctivitis

Redness of the eye

Lacrimation



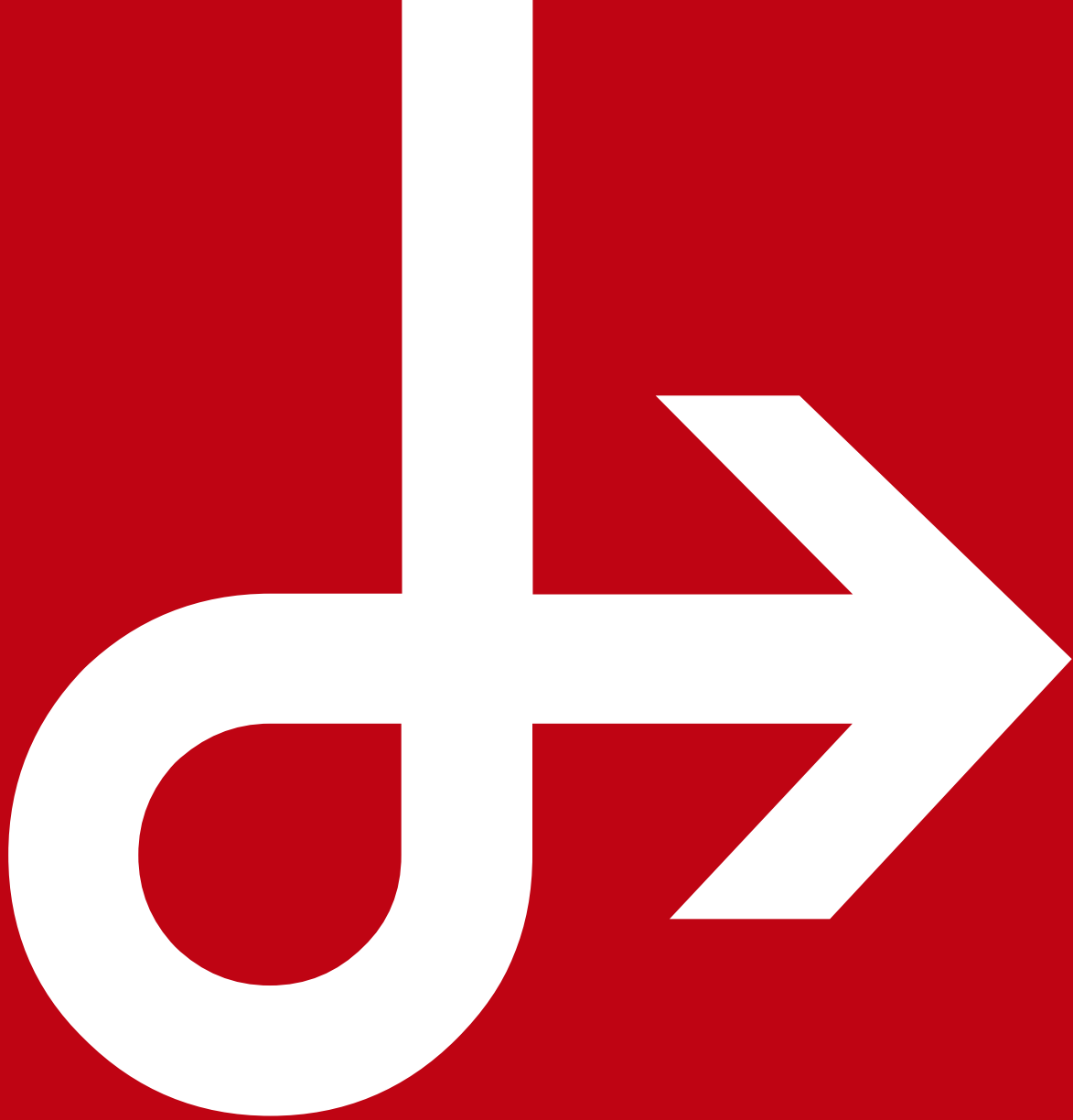
Redness of the eye

Lacrimation

Edema

Itch





Summary

To help our children, it's important for them to receive regular eye exams. To make sure what they see doesn't hinder but help them succeed!

THANK YOU!