



ADVANCED MEDICINE

LECTURE FOUR : OPHTHALMIC DISEASE

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Fourth Stage

المرحلة الرابعة

Lecture five

Theoretical

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Eye diseases encompass a wide range of conditions that affect different parts of the eye, potentially impairing vision or causing discomfort. These diseases may impact areas such as the cornea, retina, lens, or optic nerve. While some eye issues are minor and easily treatable, others require specialised care to prevent long-term damage or blindness.

The human eye is a complex organ that relies on the coordination of various structures like the cornea, iris, lens, and retina. When any of these parts are damaged or malfunction, it can lead to a host of problems.



EYE DISEASES



Types of Eye Diseases

Here are some common types of eye diseases that people often encounter:

1. Cataracts

Cataracts involve clouding of the lens, leading to blurred or dim vision.

2. Glaucoma

This condition results from increased intraocular pressure, which can damage the optic nerve.

3. Macular Degeneration

This disease primarily affects older adults and targets the macula, leading to central vision loss.



4. Diabetic Retinopathy

This condition is a complication of diabetes that damages the blood vessels in the retina, which can lead to blurry vision or even blindness if not treated.

5. Conjunctivitis (Pink Eye)

An inflammation or infection of the conjunctiva, conjunctivitis leads to redness, itching, and watery eyes.

6. Dry Eye Syndrome

This syndrome occurs when the eyes fail to produce enough tears or when the tears evaporate too quickly, disrupting proper lubrication.

7. Refractive Errors

result from the shape of the eye preventing proper focus of light on the retina.

Eye Diseases Symptoms

Recognising the symptoms of eye diseases early can help in timely diagnosis and treatment.

- 1. Blurry or distorted vision**
- 2. Eye redness or swelling**
- 3. Sensitivity to light (photophobia)**
- 4. Eye pain or discomfort**
- 5. Sudden loss of vision or floaters**
- 6. Difficulty seeing at night**
- 7. Excessive tearing or dryness**

Causes of Eye Diseases

The causes of eye diseases are diverse and depend on the specific condition. Some common factors include:



- 1. Genetic Factors**
- 2. Ageing**
- 3. Infections and Inflammation**
- 4. Lifestyle Factors**
- 5. Chronic Conditions**

Diagnosis

Timely and accurate diagnosis is essential for effective treatment of eye diseases. Common diagnostic methods include:

1. Eye Examination

2. Imaging Tests

OCT (Optical Coherence Tomography): Creates detailed images of the retina.

MRI or CT Scan: Used in cases involving optic nerve damage or tumours.

3. Tonometry

Measures intraocular pressure to screen for glaucoma.

4. Visual Field Test

Checks for gaps in your peripheral vision, often used for glaucoma diagnosis.

Eye Diseases Treatment and Management

Effective management involves a combination of medical, surgical, and lifestyle interventions tailored to the specific disease.

1. Medications

Antibiotics for bacterial infections

Anti-inflammatory drops for allergies or inflammation

Glaucoma eye drops to lower intraocular pressure

2. Surgery

Cataract Surgery, LASIK and Vitrectomy

3. Lifestyle Adjustments

Eating a balanced diet rich in antioxidants

Using protective eyewear to prevent injuries

Regular breaks during screen time to reduce strain

QUIZ

What is the causes of ophthalmic diseases ?

Any questions?

*Thank
You*