Understanding Keratoconus & The Importance of Early Diagnosis

Keratoconus
Keratoconus is a progressive eye condition in which the normally round eye becomes cone-shaped. This results in a thinning of the cornea, causing a cone-like bulge to develop. This can cause blurring of vision, headaches, and other visual disturbances.

Why is Early Detection Important?
Early detection is critical for Keratoconus. With an estimated prevalence of 1/2,000 people, it is important to be aware of the signs and symptoms of Keratoconus and to get screened if you have a family history of Keratoconus.

How it Works
The process of Keratoconus is as follows:

1. Your eye naturally tears, which helps to protect and maintain the cornea.

2. As Keratoconus progresses, the cornea becomes thinner and more irregularly shaped. This is caused by a combination of genetics, the environment, and the endocrine system.

3. As the cornea becomes thinner, it is more prone to damage and infection, which can lead to vision loss.

4. CXL treatment is FDA approved to limit the progression of Keratoconus.

Signs & Symptoms of Keratoconus

- Headaches
- Frequent eye irritation
- Headaches
- Mildly Seeing at Night
- Vision that Cannot Be Corrected with Glasses
- Eyes that get dry

Risk Factors for Keratoconus

- Family History
- Ethnicity (Caucasians are at higher risk)
- Gender (3 times more common in males)
- Age (usually first appears in the late teens and early twenties)

Importance of Early Detection

Early detection is critical to limit the progression of Keratoconus. Getting screened for Keratoconus is especially important starting at age 12. If you have a family history of Keratoconus or have any of the signs or symptoms of Keratoconus, it is important to get screened.

Treatment Options for Keratoconus

The treatment options for Keratoconus are changing. In the past, patients often received surgery to eliminate the cone by grafting or implanting a donor cornea into the eye. Today, many patients are getting cross-linking treatment. This procedure helps to stabilize the cornea and limit the progression of Keratoconus.

CXL (Cross-Linking) Treatment

CXL (cross-linking) is a procedure that involves the use of riboflavin eye drops plus UVA light. This treatment helps to strengthen the cornea and limit the progression of Keratoconus.

Impact Over Lifetime

Keratoconus can affect your quality of life over the course of your lifetime. As the condition progresses, you may experience more severe vision loss, additional complications, and the need for more frequent treatments.

Find a Corneal Cross-linking Specialist That Is Right For You at LivingWithKC.com