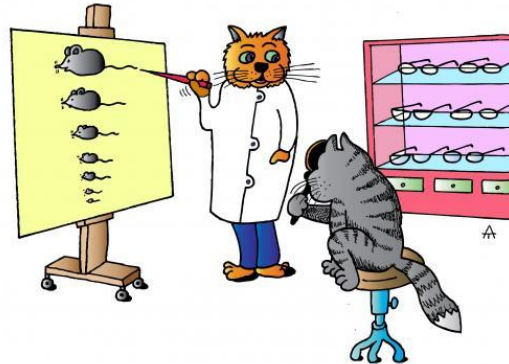


# Eye problems in children FAQs



## **What are the common eye problems in children?**

1. Refractive error (glasses) is commonest Amblyopia (Lazy eye)
2. Allergic Conjunctivitis
3. Squint
4. Cataract



## **How will I know if my child has glasses or no?**

1. Child rubs his/her eyes
2. Goes close to the tv or holds things close
3. Does poorly/ not take interest at school and visual activities
4. Refuses to read/ study
5. Squinting of eyes
6. Headache and eye strain
7. Rarely child may complain of reduced vision
8. Rarely recurrent stye/ chalazion (boils on the lids)



## **What if my child has refractive error (glasses)?**

1. Child just has to wear glasses as advised by your doctor
2. There is nothing wrong with the eye if the child has glasses
3. Plus powered glasses may go after some time



4. Minus powered glasses (distance glasses) are generally for life and may increase over time due to child's growth
5. Watching too much TV/ mobile/ tablets etc do not give your child a refractive error or glasses
6. Refractive errors are hereditary or due to growth of the child
7. Refractive errors will stabilise once the child's growth is completed at around 18-21 years of age

### ***What is amblyopia or lazy eye?***

1. If both eyes have high power
2. If difference in the power between two eyes is more
3. If any or both eyes have a squint
4. If any of the above conditions not treated with appropriate glasses or surgery



Then,

- a. The part of brain related to eye(s) does not develop
- b. This causes blurred/ decreased vision in one or both eyes even though the eye is otherwise fine

Refer to "Amblyopia" brochure for further details

### ***Your child rubs his eye frequently and they become red. What to do?***

1. Your child could be having allergic conjunctivitis
2. Quiet common in childhood like tonsils
3. Unfortunately recurrent till 12-15 years of age, then subsides on its own
4. Treated with medications under medical supervision
  - In severe cases mild steroids are given to reduce severity of attack
  - Please do not self-medicate since the drugs can have side effects like cataract and glaucoma if misused
  - In mild cases or recurrences, other anti-allergics are given, which are relatively safer



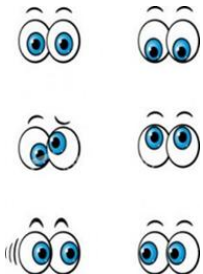
- Lubricants or tear substitutes are given to wash away the allergens (things that cause allergy) and toxic matter formed by the allergic reaction. They are very safe and can be used on a SOS basis



5. Rarely your child could be having a refractive error (glasses) also

### ***Your child has a squint. What to do?***

1. Consult your doctor
2. Some squints get corrected just by wearing appropriate glasses
3. Some squints are not significant and can be safely observed
4. Some squints require surgery especially if causing lazy eye
5. Your doctor is the best judge in such a condition



Refer to "Strabismus" brochure for further details

### ***My child watches TV all day, plays mobile all day. Will it harm his eyes''?***

- God has given eyes to see
- Using them doesn't harm them
- Excess of anything is bad
- She/he won't get glasses due to this



### ***Do eye exercises help? Will my child's number or squint reduce with exercise ?***

- No. They do not help in reducing your child's number or squint

### ***Does my child require any special diet like carrots, spinach etc?***

- The normal balanced diet we give our children is sufficient
- Carrots, spinach etc are good but not of any special benefit for the eyes

