



What Is Keratoconus?

Keratoconus affects around 1 in 2,000 people, usually starting during puberty and advancing until the mid-30s.

1. Introduction

Keratoconus is an eye condition that causes the cornea to thin and gradually bulge, leading to a cone shape. This can cause blurred vision and sensitivity to light. Normally, both eyes are affected, but it can impact one eye more than the other.

2. Symptoms

Some people with keratoconus may be unaware of their condition until they notice a slight blurriness or gradual decline in their vision. Other common symptoms include:

- + Distorted vision
- + Increased sensitivity to bright light and glare
- + A need for frequent changes in eyeglass prescriptions
- + Sudden worsening or clouding of vision
- + Eye irritation or headaches associated with eye pain

3. Diagnosis

An eye doctor will assess the patient's medical and then conduct an eye exam. Other tests used to diagnose keratoconus include:

- + **Slit-lamp examination** involves shining a light beam on the eye's surface and using a microscope to check the cornea's shape and look for any issues.
- + **Keratometry examination** determines the structure of the cornea.
- + **Corneal topography** provides the most precise diagnosis. An automated image is captured to generate a detailed map of the cornea's curvature.

4. Treatments

Currently, there is no known prevention for keratoconus. The management of the condition depends on its severity and rate of progression. Two main strategies are used: stopping the disease from advancing and improving vision.

In the early stages, treatment includes glasses. However, as the condition worsens, glasses will no longer help provide clear vision. Medical professionals may treat more severe keratoconus with a corneal ring or a corneal transplant.

Did you know?

Between 5 to 15% of people with Down Syndrome have keratoconus.

For more information on keratoconus and supportive resources, please visit [mayoclinic.org](https://www.mayoclinic.org).

References:

- <https://www.mayoclinic.org/diseases-conditions/keratoconus/symptoms-causes/>
- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/keratoconus>
- <https://www.dukehealth.org/blog/5-fast-facts-about-keratoconus>