



**Prevent
Blindness**
Our Vision Is Vision.

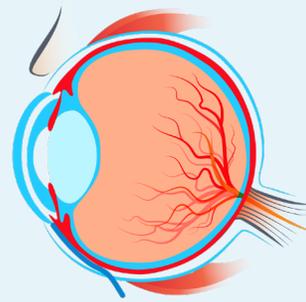
Your Teen's Blurry Vision Could Be a Sign of Keratoconus



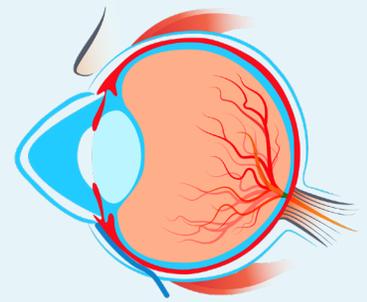
**Early detection can protect their sight!
Routine eye exams can help diagnose keratoconus
to preserve sight and maintain quality of life.**

What is Keratoconus?

Keratoconus (keh-ruh-tow-kow-nuhs) is a condition where the clear, front part of the eye (**cornea**) becomes weak, bulges out, and changes shape over time, affecting vision. This can lead to blurry and distorted vision, which may not be correctable by glasses. Keratoconus can be diagnosed in kids during puberty, in their late teens, or as young adults.



Normal cornea



Keratoconus

Is your child at risk?



Family history



Allergies



Excessive eye rubbing

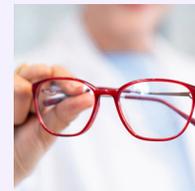


Down syndrome, Ehlers-Danlos syndrome, or retinitis pigmentosa

Symptoms to look out for:



Blurry vision



Frequent changes in eyeglass prescriptions (especially increasing astigmatism)



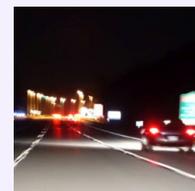
Squinting/ headaches



Sensitivity to bright light or glare



Frequently rubbing the eyes (which can worsen keratoconus)



Trouble seeing clearly at night

What can you do to help?



Act.

Schedule an annual eye examination with an eye doctor



Talk to your child's eye doctor.

Ask the eye doctor if your child may be at risk for keratoconus starting around **ages 8–12**



Prepare for appointments.

Ask the eye doctor how you can help your child understand the tests they will have during their eye appointment



Stop eye rubbing.

Help your child manage itchy eyes from allergies or irritants with medications and eye drops

What are the treatment options?

- **Corneal collagen crosslinking** strengthens the front of the eye to slow or stop progression of the disease. There are new options for this treatment. This is a safe and effective procedure that is recommended as soon as a patient is diagnosed.
- **Specialty shaped contact lenses** can help improve vision due to the cone-shaped cornea even at a young age. The eye doctor can help determine the appropriate contact lenses for keratoconus.
- **Additional surgical procedures**, such as a corneal transplant, may be needed in severe cases.

With early detection and treatment, keratoconus can be successfully managed and prevent serious vision loss.



Make an appointment for an eye exam today!

PreventBlindness.org/find-an-eye-doctor



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Learn more about keratoconus at PreventBlindness.org/Keratoconus

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