

OcuLetter

The Hidden Mass Behind the Eye!

Orbital Cavernous hemangioma, the most common benign orbital tumor in adults, grows slowly within the intraconal space, leading to painless, progressive, axial proptosis. On MRI, it appears as a well-circumscribed, ovoid mass, isointense to muscle on T1 and hyperintense on T2. As the lesion enlarges, it can compress the optic nerve, causing limited eye movement and decreased visual acuity. Surgical excision is curative, & recurrence is rare.



Myth

"20 / 20 vision indicates perfect eyes"

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Fact

Individuals may have normal visual acuity (20 / 20 vision), yet acquire conditions such as glaucoma, cataract, or macular degeneration.

Spotlight on Technology

EYENAI

EMPOWERING VISION AND
TRANSFORMING LIVES



Eyenai's advanced AI model detects signs of diabetic retinopathy with exceptional speed and accuracy, delivering results within seconds. It minimizes the need for direct medical intervention, saving time for both patients and healthcare professionals. The system is regulated by the Saudi Food and Drug Authority and supervised by King Khaled Eye Specialist Hospital.

DID YOU KNOW?

Just like the skin, eyes can get *sunburned* from UV light, a condition called **photokeratitis**, which may cause redness, tearing, blurred vision, and even short-term vision loss.

CASE

of the month

Recurrent Red, Painful, and Photophobic Eye in a Young girl

A 10-year-old girl presented with recurrent episodes of redness, tearing, and photophobia in her right eye. The symptoms were worse in bright light and during periods of poor lid hygiene. On examination, a small white nodule with surrounding hyperemia was noted near the limbus. The cornea was clear except around the lesion. She was diagnosed with Phlyctenular Keratoconjunctivitis (PKC).



Etiology: is a Type IV (delayed) hypersensitivity reaction to staphylococcal antigens or, less commonly, to Mycobacterium tuberculosis. It is frequently associated with chronic blepharitis and occurs more often in children and young adults.

Clinical Presentation: On slit-lamp examination, a small, raised, white nodule (phlyctenule) is seen at the limbus or on the conjunctiva, surrounded by a localized area of congestion and inflammation. In some cases, corneal involvement leads to ulceration or scarring.

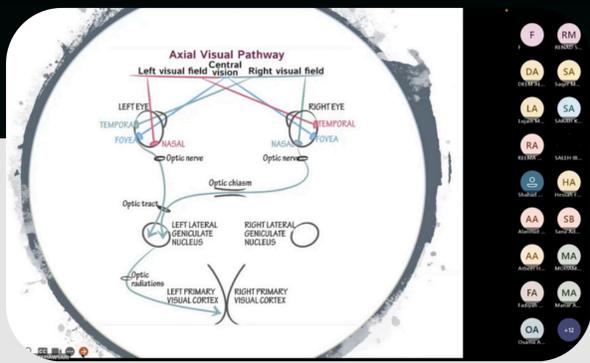
Management Overview:

Acute phase: Topical corticosteroids control inflammation, lubricating drops relieve symptoms, and lid hygiene with topical antibiotics treats staphylococcal blepharitis.

Refractory or severe disease: Systemic antibiotics like doxycycline reduce bacterial load, and tuberculosis should be ruled out and treated if present.

Complications: If untreated, PKC can lead to corneal ulceration, scarring, or vascularization, resulting in permanent visual impairment.

EYE-OPENING INSIGHTS



Our latest activities

Visual Field Defects Made Simple

In collaboration with the Neurology Interest Club, an online lecture was held to simplify the visual field defects



World Sight Eye Campaign

Roshn Front

A two-day campaign was held to celebrate and promote awareness of eye health.

A landmark Study

The Early Manifest Glaucoma Trial (EMGT)

Published in 2002, EMGT was a randomized, prospective clinical trial that enrolled 255 patients with newly diagnosed, early open-angle glaucoma. The study aimed to determine whether reducing intraocular pressure (IOP) could slow or prevent glaucoma progression.

Key Findings:

(A) Lowering IOP by approximately 25% significantly reduced the risk of visual field progression. (B) Despite treatment, some patients still progressed, highlighting that glaucoma can advance even at lower IOP levels. (C) Other factors associated with faster progression included higher baseline IOP, exfoliation syndrome, and bilateral disease.

Impact:

EMGT firmly established IOP reduction as the cornerstone of glaucoma management and emphasized the importance of early detection and individualized treatment.

Quiz



A 28-year-old woman presents with gradual onset of blurred vision and eye pain, especially on movement, in her right eye. She reports color desaturation and mild headache. Examination shows decreased visual acuity, a relative afferent pupillary defect (RAPD), and a normal-appearing optic disc, **What is the most likely diagnosis?**

- A** Central retinal artery occlusion
- B** Optic neuritis
- C** Retrobulbar hemorrhage
- D** Acute angle-closure glaucoma