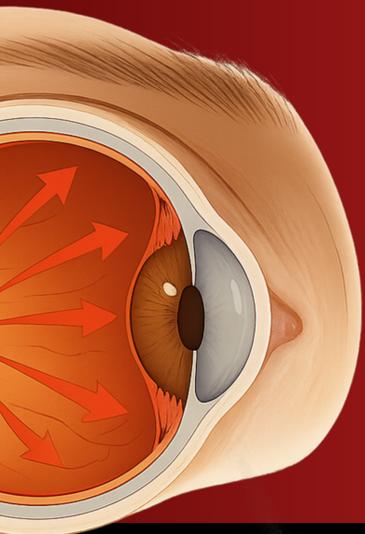
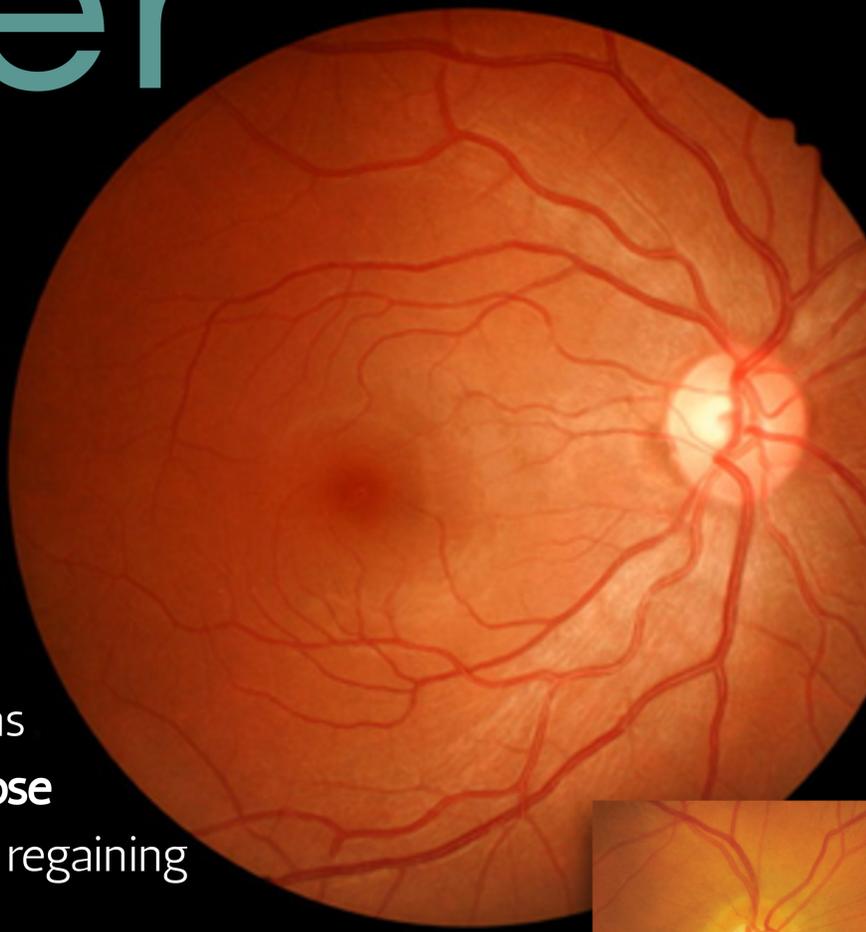


OcuLetter

A Shift in the Visual Pathway!

Optic Neuritis is an inflammation of the optic nerve, leading to **sudden or gradual vision loss** often with pain on eye movement. Patients commonly notice **color desaturation**, especially for red tones, and may demonstrate a **relative afferent pupillary defect**. It is frequently linked to **demyelinating disorders**, infections and autoimmune diseases can also trigger it. **High-dose steroids** may accelerate recovery, with most patients regaining significant vision over weeks.



Myth

"High eye pressure always means *glaucoma*"



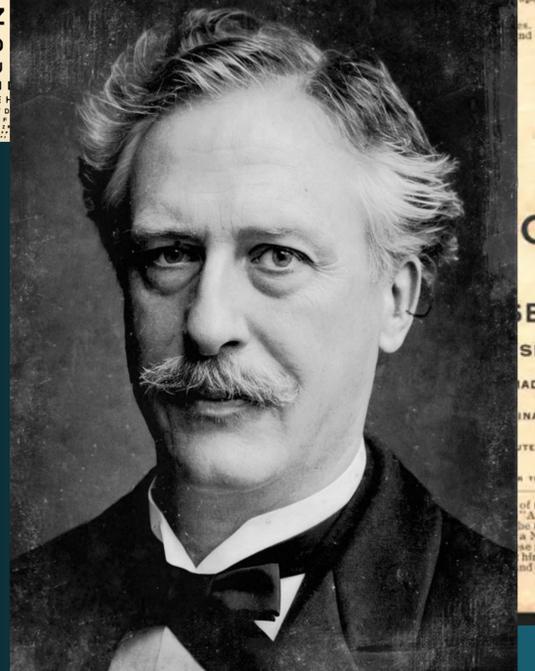
Fact

NOT ALL with high IOP develop glaucoma; optic nerve susceptibility varies – and normal-tension glaucoma exists.

Spotlight on History

Snellen Chart

In 1862, Dutch ophthalmologist **Hermann Snellen** introduced a revolutionary tool that changed eye care forever. Instead of asking patients to read everyday text, Snellen designed **standardized "optotypes"** with precise geometric proportions. His chart enabled clinicians around the world to measure vision in a **consistent, scientific way** for the first time.



DID YOU KNOW?

CASE of the month

A person blinks **15–20** times per minute, which amounts to more than **28,000 blinks per day**. Each blink spreads tears evenly across the eye, **removes tiny debris**, and keeps the corneal surface smooth for clear vision. **Under strain, however, blink rate can drop by half, contributing to dryness and fatigue.**

Progressive blurred vision in both eyes and 3 days of severe headaches

A 44-year-old woman presented with severe bilateral vision loss, headache, and OCT-confirmed serous retinal detachments with choroidal thickening.

Diagnosis: Vogt-Koyanagi-Harada (VKH) disease is diagnosed clinically based on bilateral granulomatous panuveitis accompanied by serous retinal detachments, optic disc edema, and choroidal thickening on imaging. Neurologic or auditory symptoms such as meningismus, tinnitus, and later cutaneous depigmentation, help support the diagnosis once infectious and inflammatory mimickers are excluded.

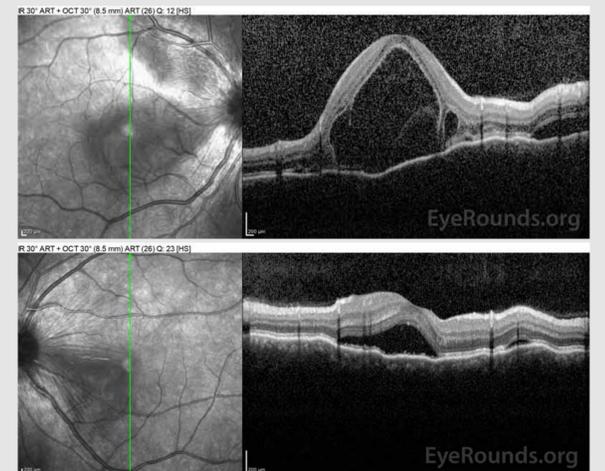
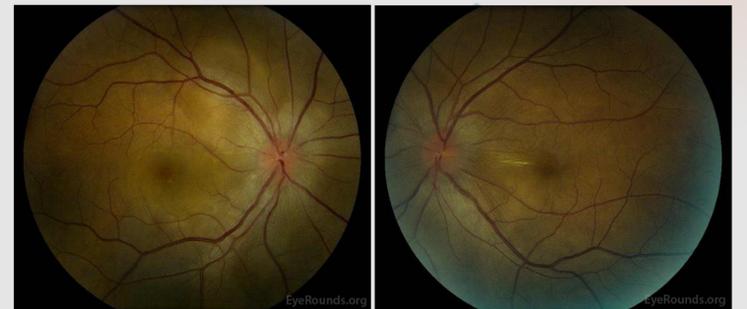
Etiology: VKH is an **autoimmune, T-cell-mediated** response directed against melanocyte-associated antigens. Genetic susceptibility plays an important role, with strong associations with **HLA-DR4 alleles**. VKH occurs more commonly in **individuals with darker pigmentation**, including those of Asian, Middle Eastern, Hispanic, and Native American descent.

Clinical Presentation: VKH progresses from a **1) prodromal Stage** with headaches and meningismus to an **2) acute uveitic Stage** with vision loss and serous detachments as in this patient, followed by a **3) Chronic (Convalescent) Stage** marked by ocular and skin depigmentation, and potentially a **4) chronic recurrent Stage** with risk of long-term complications such as glaucoma, cataract, and subretinal fibrosis.

Management Overview:

Acute phase: IV high-dose corticosteroids for 3 days followed by high-dose oral steroids and taper very slowly, alongside immunomodulatory therapy to prevent relapse.

Chronic or recurrent disease: this suggests the need for steroid-sparing immunomodulatory treatment, with cyclosporine being the preferred agent.



EYE- OPENING INSIGHTS



A landmark Study

Collaborative Longitudinal Evaluation of Keratoconus (CLEK) Study

CLEK was a landmark study that followed 1,209 patients with **keratoconus (KC)** for eight years between 1995–2004. It tried to answer **two primary questions**:

- (1) What is the **natural course and progression rate** in KC?
- (2) What are the **risk factors for corneal scarring and vision loss**?

Key Findings: (a) The study found that rigid gas permeable (**RGP contact lenses provide visual correction but do not stop corneal steepening**). (b) It identified specific **risk factors for corneal scarring**, including corneal curvature (**K-max**) greater than 52 D, younger age at diagnosis, and contact lens-related staining. (c) It revealed that while high-contrast visual acuity often remains slowly progressive, **low-contrast sensitivity declines significantly**.

Impact: CLEK provided the **natural history data that now justifies early intervention with corneal collagen cross-linking (CXL)**. It empowered physicians to **treat the patient's subjective visual complaints and associated atopic conditions** as critical medical necessities rather than just focusing on achieving "20/20" VA.

Our latest events



Ophthalmic
History & Case
Presentation
Workshop



“عينك غالية”
Eye health
awareness
Campaign

Quiz

What **visual phenomenon** is commonly associated with this condition?

A Halos

C Double vision

B Flashes of light

D Tunnel Vision

