Welcome to EYE CARE Jeopardy!

$100

This non-pathological condition results in reduced vision in one eye which is unable to be corrected with lenses...

$100

What is AMBLYOPIA??

- Usually develops before the age of 6
- Affects 2-4% of population
- Symptoms:
  - Poor stereopsis and visual performance
- Treatment:
  - Optical correction (Glasses/CL/Prism)
  - Patching (Traditional and Atropine therapy)
  - Active Vision therapy

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  - Active Vision therapy
This condition refers to a significant difference in refractive error between the two eyes resulting in differences between the two eyes...

What is ANISOMETROPIA??
(and ANISEIKONIA)

- Greater than 2 Diopters difference between 2 eyes
- Symptoms:
  - Reduced Binocularity
  - Amblyopia
- Treatment:
  - Spectacle (Creates Aniseikonia)
  - CLs (Eliminates Aniseikonia)

What is an AURA??

- Perception of strange lights
- Visual field changes
  - Kaleidoscope effects
  - Vibration
  - Blind or dark spots
- Unpleasant/Strange smells
- Confusing thoughts or experiences
$400

This acquired retinal disorder refers to the gradual loss of central vision resulting in blur and distortion and in rare cases complete loss of central vision...

1-A-400

$400

What is AGE-RELATED MACULAR DEGENERATION??

- Gradual onset of blurred vision
- Metamorphopsia
- Scotoma
- Pigmentary atrophy and degeneration
- Drusen
- Exudative elevation of the macular area
- Hemorrhagic RPE
- RPE detachment/vitreous hemorrhage

1-A-400

Supplemental Testing

- Amsler grid testing
- Contrast sensitivity/Photostress test
- Color vision
- Central 10-degree perimetry
- Fundus photography

- Prevention:
  - Minimize sun exposure
  - Lutein/Zeaxanthin/Omega 3/6
  - Smoking cessation

Risk Factors

- Age: > 60 years of age
- Gender: Females
- Race: Caucasians
- Ocular Factors:
  - Pseudophakia before 1984
- Hereditary Factors: Genetic predisposition
- Systemic Factors: Cardiovascular disease; cigarette smoking
- Environmental Factors: Cumulative UV light exposure

$500

This condition refers to the inability to change and maintain clear focus when reading or doing near work...

1-A-500
What is ACCOMMODATIVE INSUFFICIENCY??

Symptoms:
- Asthenopia
- Blurred vision (Near AND Distance)
- Headache
- Difficulty Reading
- Poor concentration
- Motion sickness

What is ANIRIDIA??

Pan-Ocular Disorder
- Macular and optic nerve hypoplasia
- Cataract and corneal defects
- Decreased vision poor VA
- Nystagmus.
- Secondary Glaucoma

This congenital defect results in an individual being born without a particular anterior segment structure...

This condition refers to the difference in pupil sizes between the two eyes...
$200

What is **ANISOCORIA**??

- Affects 20% of the population
- Ranges from entirely harmless condition
- Diabetes
- Eye or head trauma
- Intracranial tumor

$300

This condition results in deposition of lipids in the peripheral cornea along the limbus…

$300

What is **ARCUS SENILIS**??

- Common in older adults
- NOT a sign of High Cholesterol
This benign condition results in suspended crystal-like refractile particles floating within the Posterior chamber…

What is ASTEROID HYALOSIS??
- Primarily unilateral
- Men 2X more than women
- Usually asymptomatic
- No treatment

This temporary facial paralysis results from damage or trauma to one of the facial nerves…

What is BELL’s PALSY??
- Twitching
- Weakness
- Drooping eyelid and corner of the mouth
- Dry eye or excessive tearing
- Dry mouth and impairment of taste
- Can last 2 weeks-6 months

- Treatment
  - Oral Prednisone
  - Antiviral
  - Pain relief
This chronic inflammation of the eyelid margins around the eyelashes causes redness, irritation, itchiness and the formation of dandruff-like scales on eyelashes.

What is BLEPHARITIS??

- Bacterial (Staph)- thick lid margin, lids stick together and eyelashes misdirected
- Dandruff of scalp (Seborrheic)- redness of eyelids and greasy flakes or scales
- Ulcerative- eyelids matted, hard crusts around eyelashes, distortion of eyelid margin and chronic tearing

What is BINOCULAR DYSFUNCTION??

Affects 12-20% of population

Causes:
- Eso/Exo Phoria/Tropia
- Anisometropia
- Nystagmus
- Cerebral Palsy
What is BLEPHAROCONJUNCTIVITIS??

Symptoms:
- Hyperemia
- Chemosis
- Epiphora
  - Resolves in 65% of cases without treatment in 2-5 days
  - Can use topical antibiotic /combo gtts

This inflammation of the eyelid and conjunctiva is caused by infection or allergies...

This neurological disorder causes involuntary excessive blinking and spasms in both eyes...
**What is BLEPHAROSPASM??**

- Excessive Blinking of one or both eyes
- Starts out mild and infrequent but can increase with stressors such as bright lights, fatigue and emotional tension
- Treatment:
  - Botulinum neurotoxin injection
  - Oral medications
  - Surgery if no improvement

**What is CLARE??**

- **Symptoms**
  - Severe pain
  - Copious tearing
  - Extreme photophobia
  - Intense injection
- **Treatment**
  - Discontinue CL wear
  - Topical Antibiotic
  - Topical Steroid

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**This acute inflammatory response of the anterior segment is characterized by severe conjunctival & circumlimbal hyperemia related to CL wear...**

1-BC-500

**This ocular condition causes clouding of the natural lens of the eye...**

1-C-100
What is **CATARACT**??

- Most common cause of visual loss > age 40
- Leading cause of blindness worldwide

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This group of eye and vision-related problems result from prolonged computer use and cause discomfort and eyestrain when viewing a computer screen for extended periods...

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**Causes:**
- UV
- Age
- Systemic disease
- Smoking
- Steroid use
- Statins
- Ocular injury

**Prevention:**
- UV protection
- Vitamin E
- Lutein and Zeaxanthin
- Vitamin C
- Omega 3’s

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**What is CVS??**

- Eyestrain
- Headaches
- Blurred vision
- Dry eyes
- Neck and shoulder pain

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**Causes:**
- Poor lighting
- Glare on the computer screen
- Improper viewing distances
- Poor seating posture
- Uncorrected vision problems
- Combination of these factors

**Treatment:**
- Eyeglasses or Contacts
- VT
- Ergonomics
This condition refers to the inability to move the eyes together or cross...

What is CONVERGENCE INSUFFICIENCY??
- Eyestrain
- Headaches
- Double vision
- Difficulty concentrating
- Squinting or closing one eye

Treatment:
- VT (Combo)
- Reading Rx w/ prism

What is CORNEAL DYSTROPHY??
- Over 20 corneal dystrophies
- Usually inherited
- Affect the right and left eyes equally
- Not caused by outside factors, such as injury or diet
- Progress gradually
- Begin in one of the five corneal layers and may spread
- Do not affect other parts of the body
- Not related to systemic disease
- Occur in totally healthy male or female

These rare hereditary disorders are characterized by bilateral abnormal deposition of substances in the transparent front part of the eye resulting in loss of corneal transparency...

1-C-400
This loss of corneal epithelium is due to minor trauma such as a fingernail scratch, sports injury, etc...
This ocular condition results in recurrent breakdown of the corneal epithelium...

Lack of sufficient lubrication and moisture of the eye resulting in an unstable tear film...

What is CORNEAL EROSION??

**Symptoms:**
- Acute intense ocular pain
- Foreign-body sensation
- Photophobia
- Tearing

**Prevention:**
- Steroid gtt
- Long Lasting ung
- Proper hydration

What is DRY EYE SYNDROME??

**Most common eye disease affecting 10-20% of women**

**Symptoms:**
- Burning/Stinging
- Irritation/FB sensation
- Redness
- Itchy
These small yellow or white deposits within the retina are due to the oxidative process and aging, as well as the ocular manifestation of certain systemic diseases...

What is DRUSEN??
Causes:
- Age
- AMD
- Retinal degeneration

What is DIPLOPIA??
Causes:
- Eso/Exo phoria/tropia
- Neurological (Diabetes)
- Head trauma
**$500**

This condition results in excessive and droopy eyelid skin and is caused by a loss of elasticity in the connective tissue of the eyelid...

1-CD-500

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**$500**

What is **DERMATOCHALASIS**??

- Elderly and >40 yrs
- Congenital- age 20

1-CD-500

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**$100**

This condition refers to the abnormal turning **OUT** of the lower eyelid...

1-EF-100

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**$100**

What is **ECTROPION**??

- Age/Mechanical
- Lid disease
- Trauma

- Treatment:
  - Treat underlying disease
  - Oculoplastics referral

1-EF-100

Scores
$200

This condition refers to the abnormal turning **IN** of an eyelid...

1-EF-200

$300

This visual phenomenon may result when there is an abnormality in the posterior segment, such as a retinal hole, tear, detachment or vitreal-retinal traction...

1-EF-300

$200

What is ENTROPION??

- Age
- Congenital
- Lid disease
- Treatment:
  - Bandage CL
  - Oculoplastics consult

1-EF-200

$300

What are FLASHES??

- Lightning bolt
- Flashing on and off

Scores
Deposits of various size, shape, consistency, refractive index and motility within the eye’s vitreous humour that pass across your field of vision as you move your eyes...

What are FLOATERS??

Causes:
- Aging-shrinking of vitreous humour
- Retinal tear with high myopia

What is a FOREIGN BODY??

Symptoms:
- FB sensation
- Pain
- Irritation
- Tearing

Scores
**$200**

Disease characterized by elevated intraocular pressure, causing optic nerve damage and subsequent peripheral vision loss...

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**$200**

What is **GLAUCOMA**??

Loss of Retinal Ganglion Cells = Neuropathy

Types:
- Open Angle
- Acute Angle Closure
- Pigmentary

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**$400**

Autoimmune eye disorder usually associated with abnormalities of the thyroid gland...

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**Treatment:**
- Meds
  - Prostaglandins
  - Beta blockers
  - Others
  - Marijuana?
- Surgery
  - Argon laser trabecuoplasty (ALT)
  - YAG laser peripheral iridotomy (LPI)

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**$400**

What is **GRAVES DISEASE**??

- Ocular Signs:
  - Exophthalmos
  - Lid Retraction
  - Ocular Bulging
  - Dry Eye
- Causes
  - Thyroid Eye disease

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Scores
**What is HETEROCHROMIA??**

Condition where one eye is a different color from the other, or one eye is more than one color...

2-GH-600

Causes:
- Congenital
- Acquired

2-GH-600

**What is a HORDEOLUM??**

Infection of the sebaceous or sweat glands at the base of the eyelashes, Also called a “Stye”...

2-GH-800

Causes:
- Poor lid hygiene
- Rubbing the eyes
- Lid disease

Treatment:
- Hot compress
- Antibiotic ung
- Oral antibiotic
- Incise and drain

2-GH-800
Viral infection that if left untreated can have devastating ocular consequences...

What is HERPES SIMPLEX KERATITIS??

- HSV Type 1
- Most common cause of cornea related blindness
- Classic herpetic lesion consists of a linear branching corneal ulcer (dendritic ulcer)
- Treatment: Topical and Oral Antiviral

Inflammation of the anterior chamber and the colored part of the eye...

What is IRITIS??

Symptoms:
- Redness of the eye
- Blurred vision
- Photophobia
- Irregular pupil
- Eye pain
- Headaches
Signs:
- Dilated ciliary vessels
- Cells and flare in the anterior chamber
- Keratic precipitates ("KP") on posterior cornea
- Hypopion
- Inflammatory nodules located on the surface of the iris

Treatment:
- Topical steroids
- Oral steroids
- Cycloplegics

Inflammation of the cornea, caused by an infection or inflammatory process...

What is KERATITIS??

Symptoms:
- Moderate-Intense pain
- Blurred vision
- Grittiness

Causes:
- Bacterial
- Viral (Herpes)
- Acanthamoeba
- Fungus

Scores
$600

Hereditary degenerative disease of the cornea characterized by central thinning and bulging forward of the cornea...

2-IL-600/800

$800

What is KERATOCONUS??

Signs:
- Blurred vision
- Photophobia
- Eye strain
- Itchiness
- Ghost Images

2-IL-600/800

$1000

Visual issues that often result in reading difficulty and poor academic performance...

2-IL-1000

Treatment:
- CL
  - RGP
  - Hybrid
  - Scleral
- Surgery
  - Cross Linking
  - Intra-stromal corneal rings

$1000

What are LEARNING RELATED VISION PROBLEMS??

Decline in school performance:
- Extra work required to learn
- Can cause frustration and behavior issues
- Difficulty in Reading, Spelling, Math
Inflammatory skin disorder of unknown etiology that is thought to have a genetic component...

What is LUPUS ERYTHEMATOSUS??

- Joint pain/swelling (Fingers, hands, wrists, knees)
- Photosensitivity
- Skin rash
- Typically women of child bearing age

Inflammation of the oil glands of the eyelid that often become blocked and infected...
**What is MEIBOMIANITIS??**

**Symptoms:**
- Swelling and redness of eyelid edges
- Symptoms of dry eye
- Frequent watery eyes
- Gritty, burning, itchy eyelids
- Sensitivity to light
- Frequent styes
- Misdirected eyelashes

**Treatment:**
- Lid hygiene
- Hot moist compresses
- Gland expression
- Oral Doxycycline
- Lipoflow

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**What is MYOKYMIA??**

**Causes:**
- Too much caffeine
- High levels of anxiety, fatigue, stress, overwork
- Overexposure to computer/television monitors
- Use of certain drugs or alcohol
- Lack of sleep

**Treatment:**
- Warm compress
- Antihistamine
- Reduce caffeine use
- Increase rest
- Limit use of digital displays
Weakness of the voluntary muscles throughout the body, believed to be autoimmune in nature...

What is MYASTHENIA GRAVIS??
Symptoms:
- Double vision
- Eyelid ptosis
- Difficulty swallowing
- Difficulty using arms and legs

What is NYSTAGMUS??
- Ocular Albinism
- Neurological deficits
Abnormal formation of new blood vessels, can be found on the limbus, iris, and retina...

What is NEOVASCULARIZATION??
- Due to lack of Oxygen to the cornea or retina

Ocular birthmark, freckle or mole that is often brownish, but can be other colors as well...

What is a NEVUS??
An increase in the pressure inside the eye above the range considered normal, without any detectable changes in vision or damage to the structures of the eye...

Ocular condition in which an individual experiences temporary episodes of visual auras that are sometimes accompanied by a headache...

What is OCULAR HYPERTENSION??

- No signs/symptoms
- Increased risk of glaucoma?
- IOP checks 3-6 months
What is OCULAR MIGRAINE??

- Flashing lights
- Blind spots
- Temporary blindness in one eye
- Caused by spasms in the retinal blood vessels

A syndrome affecting the eye, which is characterized by peripheral atrophic chorioretinal scars, atrophy or scarring adjacent to the optic disc and maculaopathy...

What is OCULAR HISTOPLASMOSIS??

- Fungus common in Ohio River Valley
- Can affect Lungs in Histoplasmosis
Optic disc swelling that is caused by increased intracranial pressure. The swelling is usually bilateral and can occur over a period of hours to weeks. Unilateral presentation is extremely rare...

What is PAPILLEDEMA??
- Typically **Bilateral**
- Symptom of patho-physiological process
  - Tumor
  - Swelling in brain
- CT/MRI of brain or spine

What is PURSUIT EYE MOVEMENT DEFICIENCY??
- Head movements with poor eye movements
- Vision Therapy treatment
  - Pencil pursuits
  - Tracking workbooks
  - Marsden ball
  - Ball toss
Separation of the vitreous membrane from the retina...

An abnormal but benign growth of tissue on the conjunctiva near the limbus...

What is POSTERIOR VITREAL DETACHMENT??

Symptoms:
- Flashes of light (photopsia)
- Sudden dramatic increase in floaters
- Ring of floaters or hairs temporally

What is PINGUECULA??

- UV exposure
- Treatment:
  - Lubricating drops
  - Steroid drops
  - Surgical excision
A triangular growth of vascular tissue on the conjunctiva that extends into the cornea...

What is PTERYGIUM??

- Exposure to UV
- Treatment:
  - Monitor
  - Surgical excision

This medical emergency refers to the tearing or separation of the retina, the light sensitive lining at the back of the eye, from the underlying tissue...

What is RETINAL DETACHMENT??

Risk factors:
- Age
- Myopia > 5D
- Cataract surgery
- Proliferative Retinopathy
Signs and Symptoms:
- Flashes of light (photopsia)
- Sudden dramatic increase in the number of floaters
- Ring of floaters or hairs just to the temporal side of the central vision
- Slight feeling of heaviness in the eye
- Dense shadow starting peripherally and slowly progressing centrally
- Veil or curtain over the field of vision
- Straight lines appear curved
- Central vision loss

Treatment:
- Laser photoagulation
- Scleral Buckle
- Pneumatic Retinoplexy (Gas bubble)
- Vitrectomy

$400
An inherited degenerative and progressive eye disease affecting the retina that causes poor night vision, progressive loss of side vision, severe vision impairment and often blindness....

What is RETINITIS PIGMENTOSA??

Signs and Symptoms
- Night blindness or nyctalopia
- Tunnel vision
- Peripheral vision loss
- Aversion to glare
- Slow dark to light adaptation time
- Blurring of vision
- Poor color separation
- Extreme tiredness
$600

Difficulty moving the eyes quickly and efficiently from one object, letter or word to another like those required for reading...

2-RT-600

$800

Lack of coordination between the extraocular muscles resulting in the eyes not being properly aligned with each other...

2-RT-800

$600

What is SACCADIC EYE MOVEMENT DEFICIENCY??

- Loss of place when reading
- Re-reading words or lines
- Skipping words or lines
- Excessive head movement
- Using finger while reading

What is STRABISMUS??

Symptoms:

- Suppression/Amblyopia
- Diplopia
- Eye strain
- None

2-RT-800
Abnormally positioned eyelashes that grow back toward the eye, touching the cornea or conjunctiva…

What is TRICHIASIS??

Causes:
- Infection
- Inflammation
- Autoimmune disease
- Congenital
- Trauma (Burn or injury)

An inflammation of one or more of the structures that make up the middle layer of the eye called the uvea…

Final Jeopardy
What is **UVEITIS??**

**Final Jeopardy**

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**Thank you!!**

It’s been a pleasure being here! Any ??s

Dr. Kris Kerestan Garbig  krisgarbig@fuse.net

Directions:

- Scroll through the presentation and enter the answers (which are really the questions) and the questions (which are really the answers).
- Enter in the categories on the main game boards.
- As you play the game, click on the **TEXT DOLLAR AMOUNT** that the contestant calls, not the surrounding box.
- When they have given a question, click again anywhere on the screen to see the correct question. Keep track of which questions have already been picked by printing out the game board screen and checking off as you go.
- Click on the "Game" box to return to the main scoreboard.
- Enter the score into the black box on each players podium.
- Continue until all clues are given.
- When finished, **DO NOT** save the game. This will overwrite the program with the scores and data you enter. **You MAY** save it as a different name, but keep this file untouched!