



Patient Information Sheet: Accommodative Esotropia

INTRODUCTION

Accommodative esotropia is a common type of strabismus, where one or both eyes turn inward. This condition is typically noticed in early childhood, usually between 2 and 4 years of age. It is closely linked to the effort a child's eyes make to focus clearly, which can lead to the eyes crossing.

CAUSES

The main cause of this condition is hyperopia (farsightedness). Children with hyperopia often over-focus (accommodate) to see clearly, which can cause their eyes to turn inward. This excessive focusing activates the eye muscles to pull inward, resulting in esotropia.

SYMPTOMS

- Misaligned eyes, where one or both eyes turn inward
- Crossing of the eyes when looking at close objects
- Squinting or closing one eye in sunlight
- Complaints of blurry or double vision
- Head tilting when focusing on objects
- Trouble with depth perception

DIAGNOSIS

Dr. Kini will conduct a thorough eye examination that includes:

- A visual acuity test to determine clearness of vision at different distances
- A refraction test to determine the need for corrective lenses
- Tests for eye alignment and focusing ability
- An eye health exam to exclude other conditions

TREATMENT OPTIONS

The primary treatment is corrective glasses to address hyperopia. Often, proper glasses can correct the eye alignment completely. If glasses are insufficient:

- Bifocals or progressive lenses might be necessary
- Eye exercises could be recommended to enhance eye coordination
- Patching or using eye drops to strengthen a weaker eye or improve focusing
- In certain cases, surgery might be considered if other treatments don't correct the alignment

PROGNOSIS

With early and appropriate treatment, most children can achieve good eye alignment and vision improvement. Dr. Kini emphasises the importance of regular follow-ups to adapt treatment plans as needed and ensure optimal vision development for your child.

WHEN TO CONTACT DR. KINI

Please reach out to Dr. Kini's office if you notice:

- Frequent squinting or one eye closing
- Difficulties with clear vision or navigation
- Visible inward turning of one or both eyes

Prompt evaluation and treatment can significantly improve outcomes.

FURTHER INFORMATION AND SUPPORT

For more detailed information or specific concerns, please contact Dr. Kini's office directly. Additional resources and support groups for parents of children with strabismus are available and can be very helpful.

CONCLUSION

This sheet is intended to provide a general understanding of accommodative esotropia. Dr. Kini encourages all patients to seek a personalised consultation to address specific needs and concerns regarding this condition.