



## Patient Information Sheet: Amblyopia

### INTRODUCTION

Amblyopia, commonly known as "lazy eye," is a vision development disorder where an eye fails to achieve normal visual acuity, even with prescription eyeglasses or contact lenses. Amblyopia typically begins during infancy and early childhood. In most cases, only one eye is affected, but it can occur in both eyes.

### CAUSES

Amblyopia develops when nerve pathways between the brain and an eye aren't properly stimulated. The brain, in response, favours one eye. Causes include:

- **Strabismus (misaligned eyes):** The most common cause of amblyopia where the eyes do not align properly.
- **Refractive amblyopia:** Caused by unequal refractive errors in the two eyes, despite perfect alignment.
- **Deprivation amblyopia:** Occurs when something obstructs light from entering and being focused in a baby's eye, such as a cataract.

### SYMPTOMS

- One eye wandering inward or outward
- Eyes that appear not to work together
- Poor depth perception
- Squinting or shutting an eye
- Head tilting
- Abnormal results in vision screening tests

### DIAGNOSIS

Dr. Kini will conduct a detailed eye examination that may include:

- Testing of each eye's visual acuity
- Eye alignment checks
- An examination of the interior of the eye
- Refraction tests

### TREATMENT OPTIONS

Treatment aims at correcting the underlying cause and encouraging the use of the weaker eye. Options include:

- **Corrective eyewear:** Glasses or contact lenses can correct vision problems that are causing amblyopia.
- **Patching:** Covering the stronger eye with a patch to force the weaker eye to work, which helps improve vision.
- **Atropine eye drops:** Used to blur vision in the stronger eye, compelling the weaker eye to function.
- **Surgery:** Necessary only in cases of cataract or highly misaligned eyes.

### **PROGNOSIS**

The earlier the treatment begins, the better the chance of recovering vision. Children who receive treatment before age 7 typically have good recovery of vision, although treatment can still be effective in older children.

### **WHEN TO CONTACT DR. KINI**

Please schedule an appointment with Dr. Kini if you notice signs of amblyopia in your child such as:

- Difficulty focusing
- Eyes that do not seem to work together
- Poor depth perception or navigation difficulties

Early diagnosis and treatment are crucial for effective recovery.

### **Further Information and Support**

For more detailed information or specific concerns, please contact Dr. Kini's office directly. Dr. Kini can provide guidance and support tailored to your child's condition.

### **CONCLUSION**

This sheet is intended to provide a general understanding of amblyopia. Dr. Kini encourages all concerned parents to seek a personalized consultation to address the specific needs and ensure the best care for their child.