

## **SEPTEMBER 2016 HEALTH TALK**

### **TOPIC: CONJUNCTIVITIS (also known as PINKEYE)**

#### **INTRODUCTION**

- This is the inflammation of the conjunctiva of the eye. It could be:
- Bacteria
- Viral
- Allergic (vernal) that pottens

#### **BACTERIA CONJUNCTIVITIS**

This is the common type. The symptoms are sore or gritty eyes, affecting usually both eyes with purulent (pus-lite) discharge from the eyes.

#### **VIRAL CONJUNCTIVITIS**

This is highly contagious and usually occurs in epidemics. Transmission as usually through direct or indirect contact with infected individual.

Symptoms are eyelid swelling, red eyes (resulting from Harmon rage). There could be associated clearance in visual acute. It is usually unilateral and is commonly called "Apollo".

#### **ALLERGIC CONJUNCTIVITIS (VERNAL)**

This is usually a reaction the eyes to certain allergen. Dust, grass pollen and fungal spines are possible allergen symptoms includes itching, redness and watering eyes.

#### **SYMPTOMS**

This differs based on the carrier.

- Redness in the white part of the eye.
- Increase amount of tears.
- Discharge
- Increase sorority to light.

#### **MANAGEMENT**

It depends on the type; in every bacterial conjunctivitis typical attributes are given.

In case of viral conjunctivitis, no need for medication in it is usually self limiting, however strict hygiene and cold compress are recommended.

In allergic conjunctivitis, patients are advised to avoid allergen and appropriate topical eye drops or oral medication is not advised.