

Public awareness series by Rajasthan ophthalmological society (2019-2021)

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A close-up photograph of a young child's face, focusing on the eyes. The child has light-colored eyes and is looking slightly to the right. The right eye (from the viewer's perspective) is noticeably turned inward, demonstrating a squint. The text "SQUINT" is centered over the bridge of the nose, and "BASICS YOU NEED TO KNOW" is centered below it.

SQUINT
BASICS YOU NEED TO KNOW

What is squint ?

- Squint is also known as strabismus .
- In general language it is known as “भेंगापन” or “तिरछी नज़र” .
- It is deviation of one or both eyes .
- It is a condition where both **eyes of patient** do not look together in the same direction .

How common is squint ?


- Squints are common.
- They affect **about 1 in 20 children**, including babies.
- It is common to notice a brief squint in children when they are tired (थका हुआ) or daydreaming.
- However, about 1 in 500 children have a squint which is more than just occasional tiredness (कभी-कभार होने वाली थकान से ज्यादा).

When does squint occur ?

- Some babies are born with a squint (जन्मजात), and some babies and children develop a squint later (जन्म के बाद).
- Most squints develop before the age of 3 years, although squints can develop in older children, or in adults.

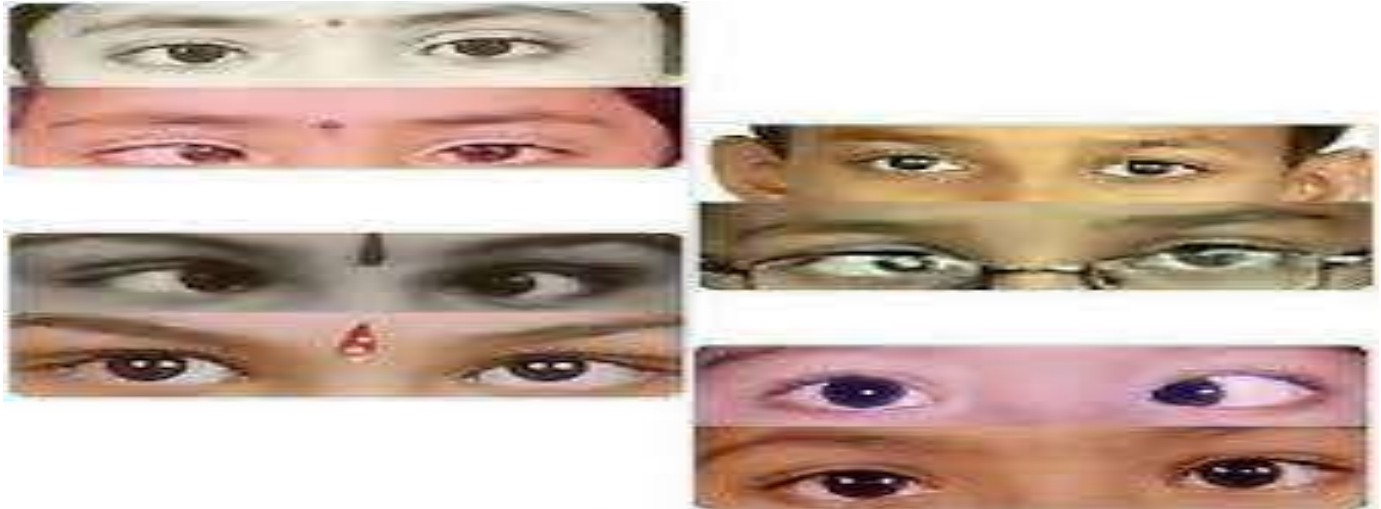
Why does a squint develop ?

- Heredity (वंशागति) .
- Weakness of the eye muscles (मांसपेशियों में कमजोरी) or problem with the nerves (नसों की समस्या) in the eye muscles .
- Injuries (चोट के कारण) .
- Acquired squints are sometimes caused by the eye trying to overcome a vision problem, such as short-sightedness or hypermetropia (दीर्घदृष्टि) .

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- In many cases the cause is unknown (अज्ञातहेतुक).
 - Rarely, a squint may be caused by a condition in the eye itself (आँख की समस्या)


How do we know that child has squint ? (हमें कैसे पता चलेगा)

- Some types of squint are much more obvious than others. You might notice your child is not looking directly at you with both eyes, or that one eye 'turns' obviously (नेत्र विचलन) .



- Another sign of squint is that your child might close one eye when looking at you (देखने के लिए एक आँख बंद करके), or tilt his or her head on one side (देखने के लिए सिर झुकाना).



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- Children can have defective vision in one eye or both eyes i.e. Striking difference in visual acuity of both eyes (दोनों आँखों की दृश्य तीक्ष्णता में आश्चर्यजनक अंतर)

Why is proper alignment of eyes important (द्विनेत्री दृष्टि)?

- Proper eye alignment is important to avoid seeing double (दोहरी दृष्टि),
- For good depth perception (गहराई का अंदाजा लगाना),
- To prevent the development of poor vision in the turned eye .
- गहराई का अंदाजा लगाना

WHAT IS AMBLYOPIA(मंददृष्टि) ?

- When the eyes are misaligned, the brain receives two different images. At first, this may create double vision and confusion. But over time the brain will learn to ignore the image from the turned eye. Untreated, eye turning can lead to permanently reduced vision in one eye. This condition is called amblyopia or lazy eye.

MISALIGNMENT
आँखों का विचलन

- BRAIN GETS 2 IMAGES
- द्विगुणदृष्टि

DIPLOPIA द्विगुणदृष्टि

- CONFUSION
- उलझन

PERMANENT
REDUCED VISION

- AMBLYOPIA

Is the treatment possible ?

- Yes, squint is treatable to a larger extent .
- If detected and treated early (प्रारंभिक पहचान और उपचार), strabismus can often be corrected with excellent results.
- People with strabismus have several treatment options to improve eye alignment and coordination


Treatment options

- **Eyeglasses or contact lenses.** This may be the only treatment needed for some patients.



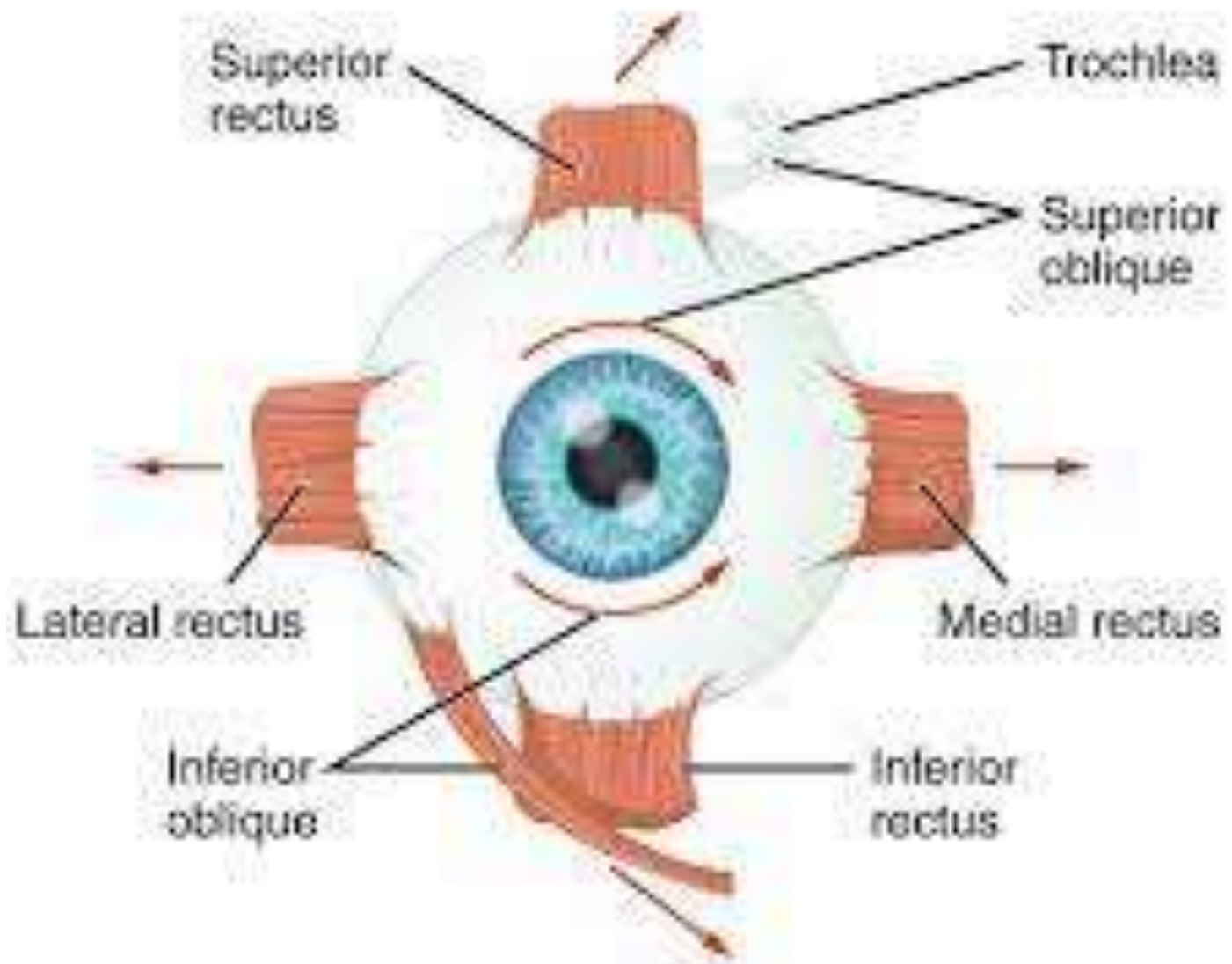
- **Prism lenses.** These special lenses are thicker on one side than the other. The prisms alter the light entering the eye and reduce how much turning the eye must do to view objects. Sometimes the prisms can eliminate the eye turning.



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- **Vision therapy.** The ophthalmology specialist doctor (नेत्र-विशेषज्ञ) , might prescribe a structured program of visual activities to improve eye coordination and eye focusing.
 - Vision therapy trains the eyes and brain to work together more effectively.
 - These eye exercises can help problems with eye movement, eye focusing and eye teaming and reinforce the eye-brain connection.
 - Treatment can occur in your doctor's clinic as well as at home.



- **Eye muscle surgery.** Surgery can change the length or position of the muscles around the eyes so they appear straight. Often, people who have eye muscle surgery will also need vision therapy to improve eye coordination (नेत्र समन्वय) and to keep the eyes from becoming misaligned again.



Anterior view of the right eye

BEFORE SURGERY

AFTER SURGERY





THANK YOU

**AN EDUCATION INITIATIVE BY RAJASTHAN
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