

## PTERYGIUM

A pterygium is an abnormal growth of the thin, transparent membrane covering the eye's surface, with around one in 100 Australians developing it. Typically, it starts near the inner corner of the eye but can occur on both sides. This condition is non-cancerous, does not invade the eye or other parts of the body, but can cause redness and irritation. If left untreated, it can affect vision and may require surgical removal, though it can potentially re-grow even after surgery.

## COMMON SYMPTOMS

- Foreign Body Sensation – Like there is something in the eye
- Inflammation
- Red Eye
- Itching or Burning sensation
- Irritation or mild eye pain
- Blurry vision – particularly if growing across the cornea

## CAUSES

- UV or Sun Exposure
- Dusty Environment
- Age

To prevent the development or worsening of a pterygium, it is crucial to protect your eyes from harmful ultraviolet (UV) sunlight exposure. This can be achieved by wearing sunglasses that provide UV protection and donning a wide-brimmed hat as preventive measures.

## TREATMENT

- Protection from UV/Sunlight with hats and wrap-around sunglasses that protect light entering sides
- Regular Monitoring
- Lubricate irritated Eyes
- Mild Corticosteroids may be prescribed by Eye Doctor to manage Mild Inflammation
- Surgical Intervention

**Please contact us directly on 02 9635 0663 for general queries - for any urgent or After-hours Emergencies please contact Sydney Eye Hospital 9382 7111 and speak to the eye registrar.**