



Get the Facts on Inflammatory Eye Disease

Inflammatory eye disease is a term for inflammation that affects any part of the eye or surrounding tissue. Inflammation is the body's natural response to tissue damage, germs, or toxins. When white blood cells go to the affected area to take care of the damage, normal healthy tissue may sometimes be damaged. Common inflammatory eye diseases include **uveitis** and **keratitis**.¹



Uveitis²

Uveitis is a group of conditions that cause inflammation and damage in the eye. There are many types of uveitis, including anterior uveitis, intermediate uveitis, posterior uveitis, and panuveitis. The type of uveitis depends on where it occurs in the eye.

Common signs and symptoms:



BLURRED VISION



EYE REDNESS



FLOATERS



EYE PAIN



SENSITIVITY TO LIGHT

Courage is not having the strength to go on; it is going on when you don't have the strength.

Theodore Roosevelt

Keratitis³

Keratitis is inflammation of the cornea, the clear, dome shaped front cover on the surface of the eye. Keratitis may be caused by an infection from bacteria, viruses, fungi, or parasites. It may also be caused by an eye injury.

Common signs and symptoms:



BLURRED OR DECREASED VISION



EYE REDNESS



EYE PAIN



SENSITIVITY TO LIGHT



TEARING



DIFFICULTY OPENING EYELID



References: 1. A Guide to Ocular Inflammatory Disease. The Ocular Immunology and Uveitis Foundation. <https://uveitis.org/patients/education/patient-guides>. Accessed March 5, 2020. 2. Uveitis. National Eye Institute. <https://www.nei.nih.gov/health/uveitis/uveitis>. Accessed March 5, 2020. 3. Keratitis. Prevent Blindness website. <https://preventblindness.org/wp-content/uploads/2020/09/FS120-Keratitis20.pdf>. Accessed September 23, 2020.

Treating Inflammatory Eye Disease

Treatment for inflammatory eye disease is different for every person. Individuals should talk to their doctor(s) to determine which treatment(s) may be right for them.



For people with **uveitis**, doctor(s) may prescribe treatment to relieve pain and prevent vision loss.²

Treatments may include:

- ◆ Eye drops
- ◆ Medications

For people with **keratitis**, treatment depends on the type and severity of their keratitis.³

Medications may include:

- ◆ Eye drops
- ◆ Medications
- ◆ Surgery

Goals of Inflammatory Eye Disease Treatment

It is important to understand the goals of your individualized treatment plan. Identifying and keeping track of treatment goals is a key first step. Individuals should discuss their treatment goals with their doctor(s).

Some **uveitis** and **keratitis** treatment goals may include:^{2,4}

- ◆ Reducing and treating inflammation
- ◆ Preventing permanent damage and vision loss

Caring for Your Eyes

There may be steps you can take to promote eye health. Individuals should discuss how to care for their eye health with their doctor(s). Some ideas to care for your eyes may include:⁵

- ◆ Protecting your eyes from the sun
- ◆ Eating healthy meals
- ◆ Handling and caring for contact lenses correctly⁴
- ◆ Working with your healthcare provider to develop an exercise program that's right for you
- ◆ Avoiding or quitting smoking

More Information, Support, and Educational Resources

This list includes helpful websites and organizations that provide information about inflammatory eye diseases, support groups, and other resources!

- ◆ **The Ocular Immunology and Uveitis Foundation**

www.uveitis.org

- ◆ **Prevent Blindness**

www.preventblindness.org

- ◆ **National Alliance for Caregiving**

www.caregiving.org



Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.

Francis of Assisi



References: 4. Roat, Melvin I. Peripheral Ulcerative Keratitis. Merck Manuals website. <https://www.merckmanuals.com/professional/eye-disorders/corneal-disorders/peripheral-ulcerative-keratitis>. Accessed September 25, 2020. 5. Healthy Living, Healthy Vision. Prevent Blindness Website. <https://preventblindness.org/healthy-living-healthy-vision>. Accessed September 25, 2020.

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