

Vernal Keratoconjunctivitis

This is a rare condition that affects children from 7 to 14 years only. It affects boys more commonly than girls.

It often affects both eyes and can vary in its severity during the year according to the seasons. It is much commoner in the warm climates

Are there any associations?

Up to half the people suffer from other allergic problems or skin Eczema.

How long does it last?

This condition typically goes on for 10 years before finally resolving. It is rare to continue this into adult hood.

What is the cause?

No one knows, but it is immunological in nature.

How does it present?

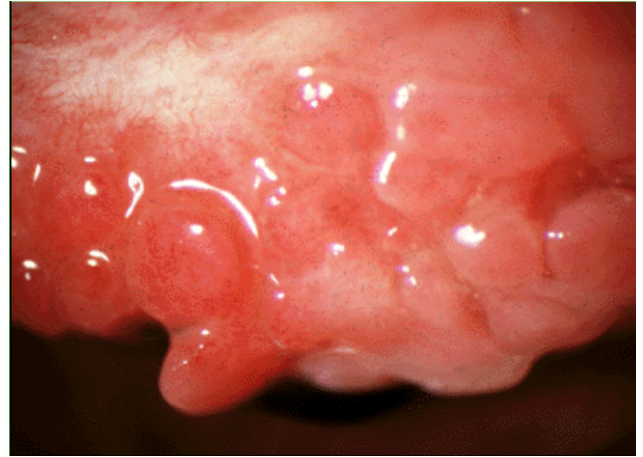
With itchy, gritty watery eyes. Some people find light hurts their eyes. The eyes can be red as well, particularly in the upper part of the eye where one can get Tranta's dots appearing.

Treatment

Is to avoid allergens if possible.

To treat with Opticrom or 2% Sodium Nedocromil (Rapitol) eye drops which are very safe and reduce the inflammation. If this does not work short course of steroids are helpful.

In addition tablets of antihistamines or non steroidal anti-inflammatories like Ibuprofen.



Nicholas Lee 1998