



Eye diseases in primary care setting

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Conflict of interest

None

Case 1

January 20, 2023 in Boston:

62 year-old female patient returning for annual visit reports blurry vision. She is otherwise doing well.

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- *Duration*
- *Sudden vs. gradual onset*
- *Constant vs. intermittent*

62 year-old female patient returning for annual visit reports blurry vision. She is otherwise doing well.

- *Duration: About 3 months ago*
- *Sudden vs. gradual onset: worsening gradually*
- *Constant vs. intermittent: Started out intermittently but feels like vision is blurry most of the day since New Year. Reading is particularly difficult, even with newly prescribed reading glasses. Improves with resting the eyes*
- *Mild discomfort like sand in the eyes but no pain*

Differential diagnoses

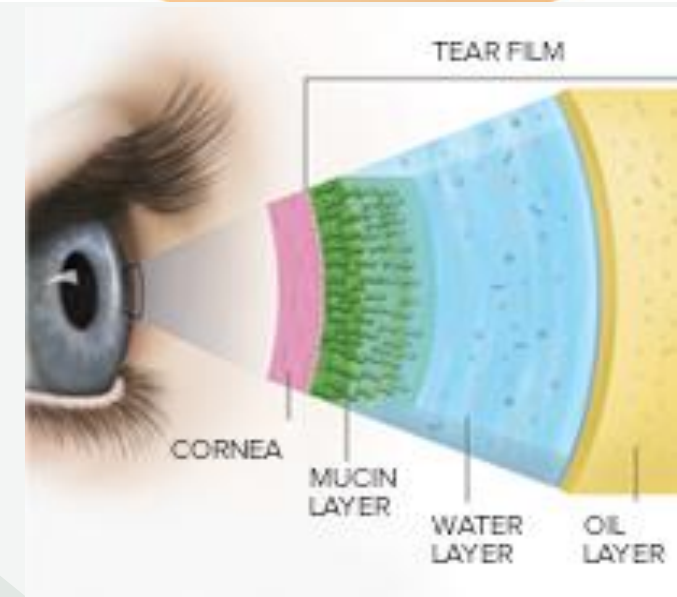
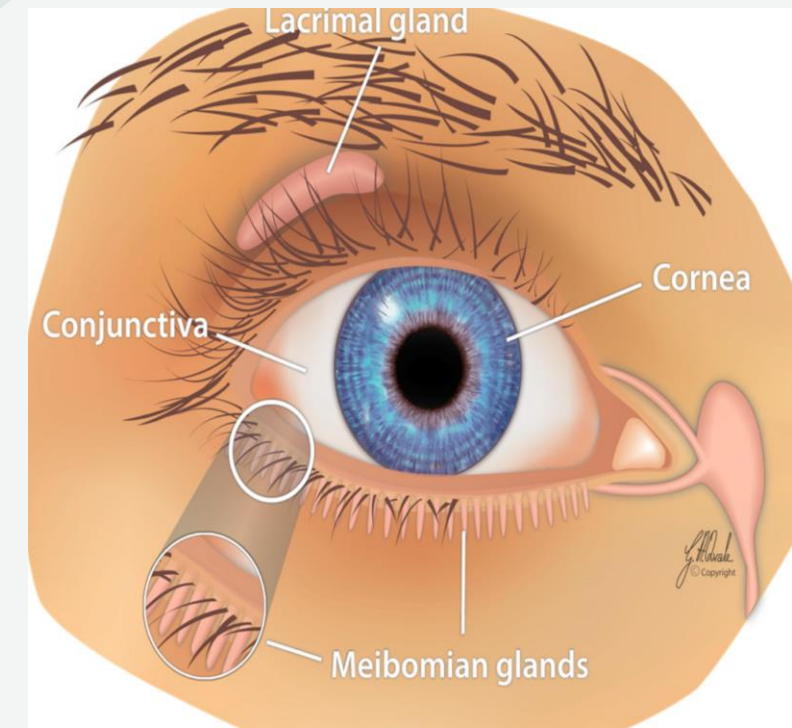
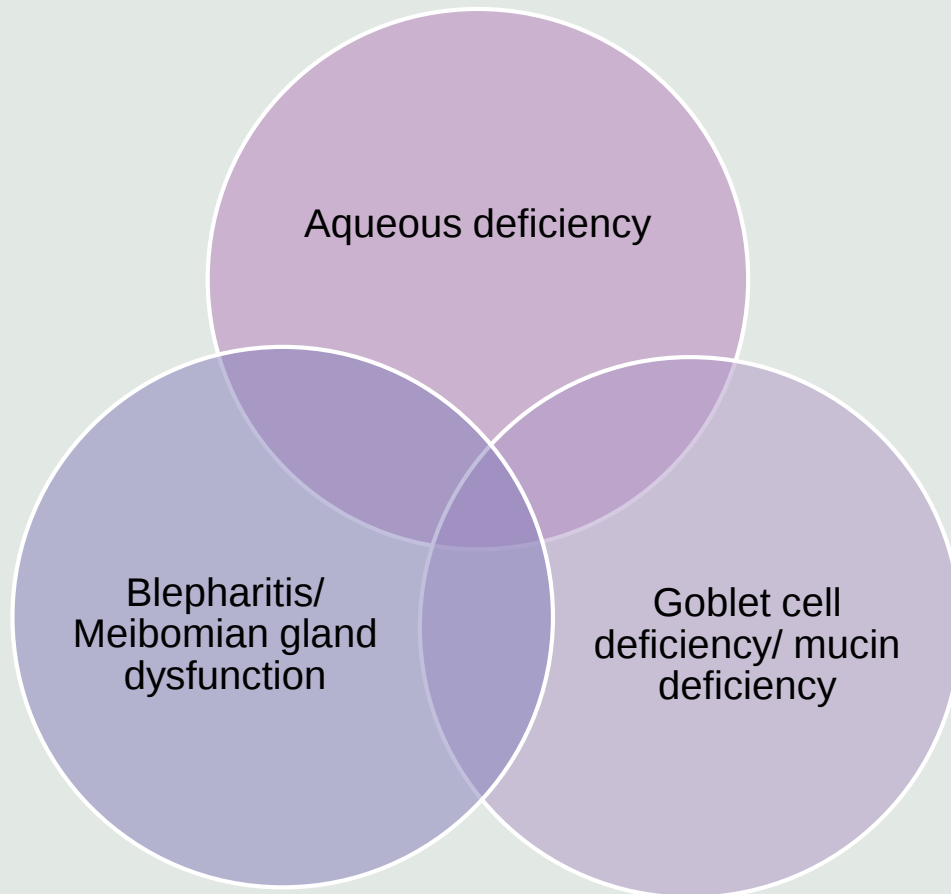
- Presbyopia
- Cataract
- Dry eye disease

Penlight exam

- PERRLA
- EOM intact
- CVF full
- Trace nasal injection in both eyes
- Otherwise, normal exam

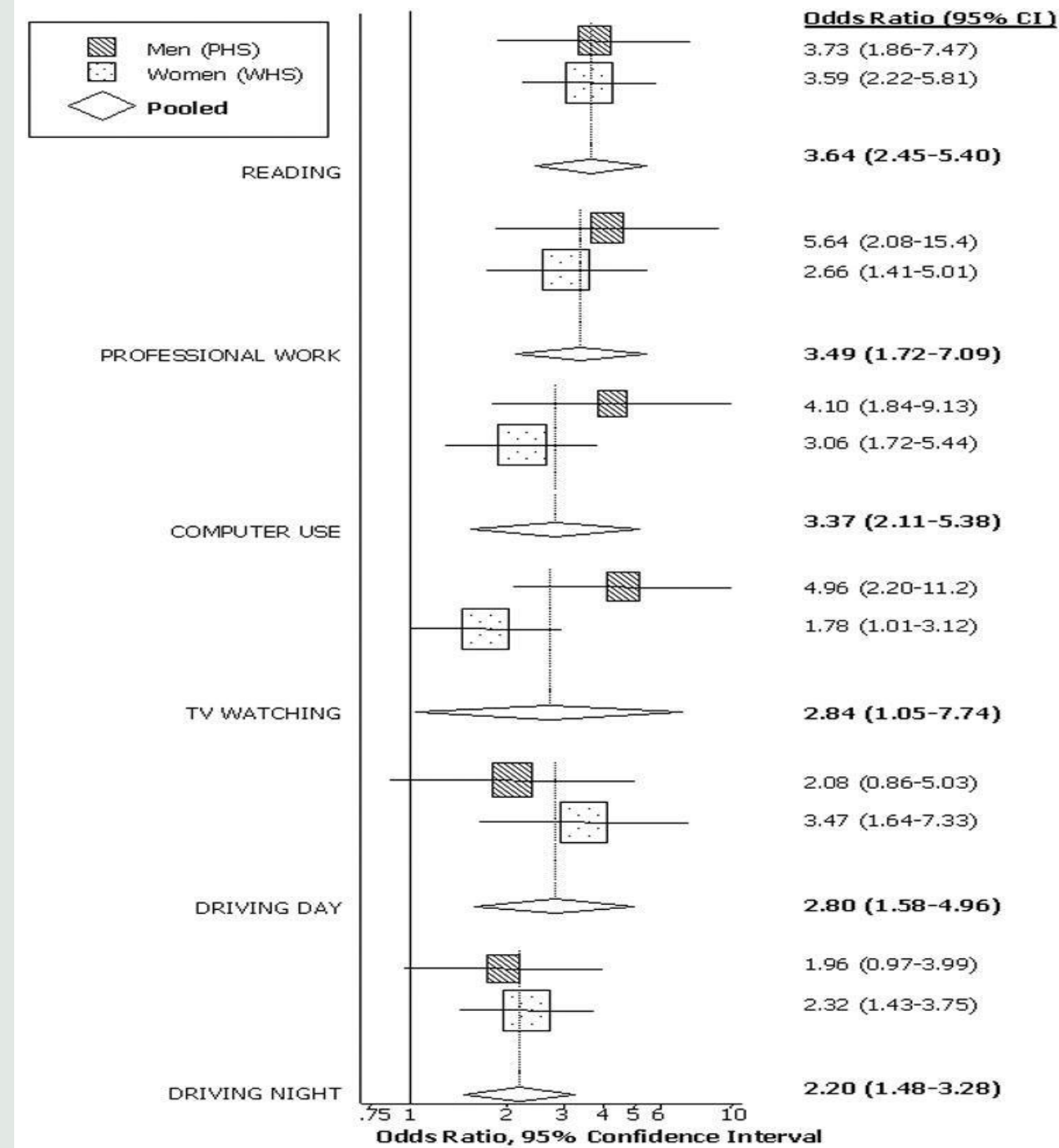
Dry eye disease

- Multifactorial disease



Dry eye disease

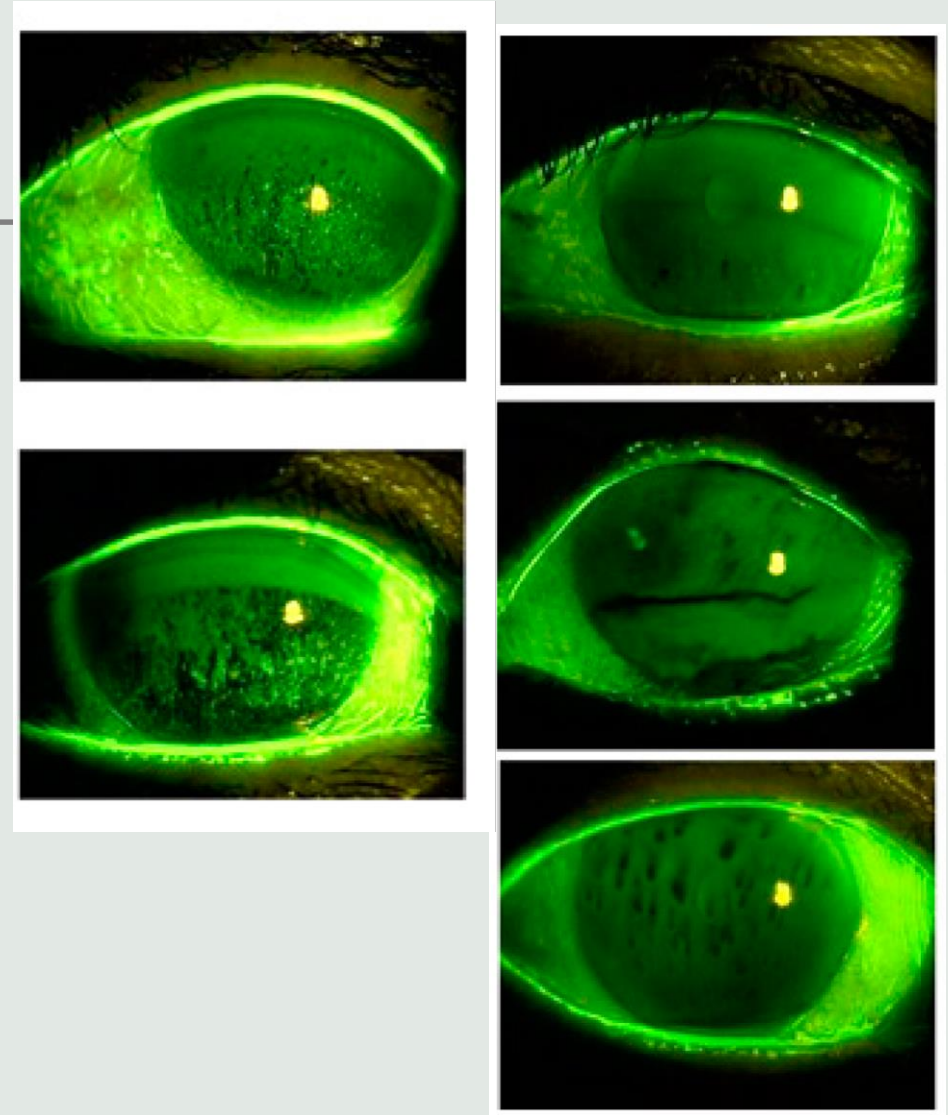
- 5 million people over age of 50 are affected



Dry eye disease

Symptoms

- Foreign body sensation/ gritty
- Burning/ stinging
- Redness/ irritation
- Tearing
- Mucus
- Blurry/ poor vision (typically intermittent!)



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- Treatment always starts with lubrication



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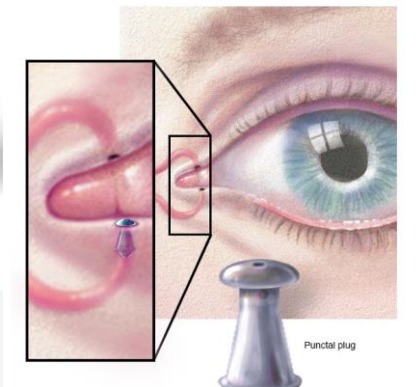


Four weeks later, the patient calls that lubrication is not adequately helping



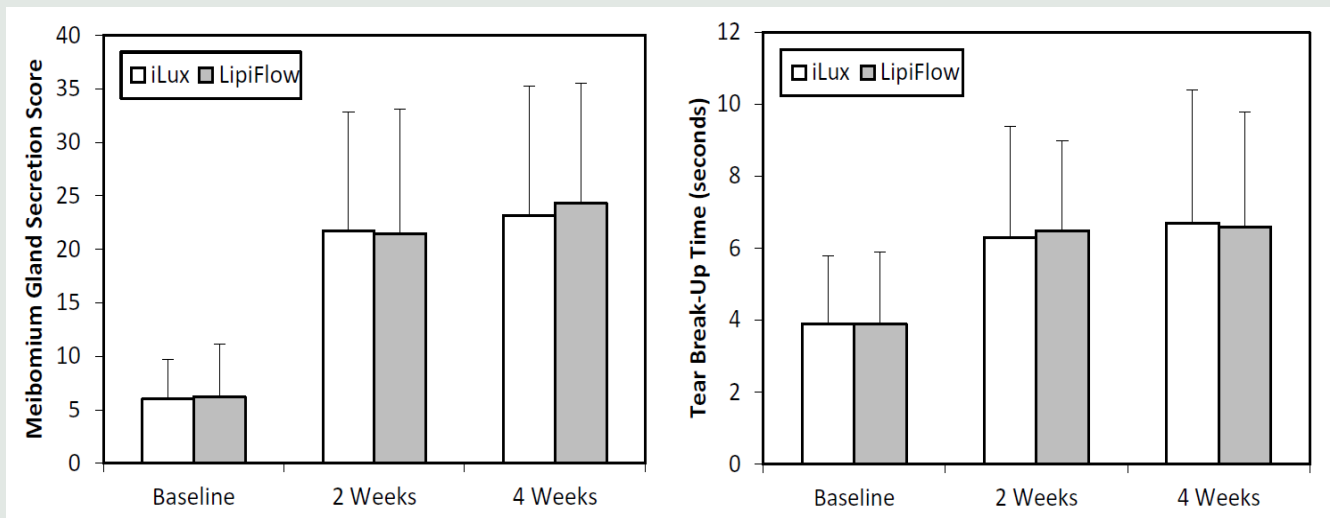
Dry eye disease treatment

- Warm compresses
- Anti-inflammatory eye drops (Restasis®, Xiidra, Cequa)
- Punctal closure
- Lid hygiene
- Oral doxycycline
- Omega-3



MGD treatment devices

- Improves both signs and symptoms of MGD



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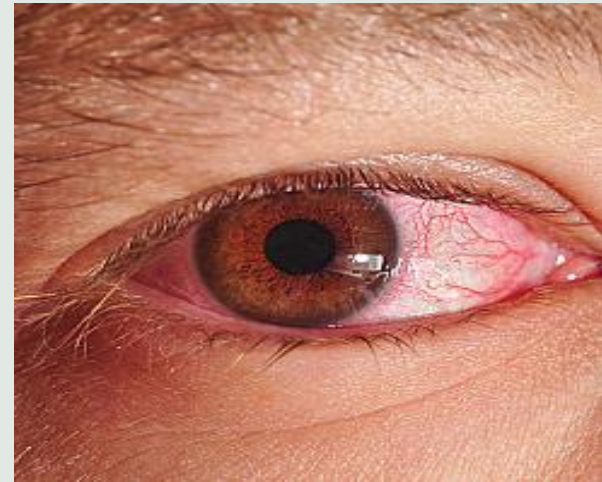
Dry eye disease

- Rarely sight-threatening
- There are numerous options to treat dry eye disease.
- Lubrication and warm compresses are the key components of dry eye management.

Case 2

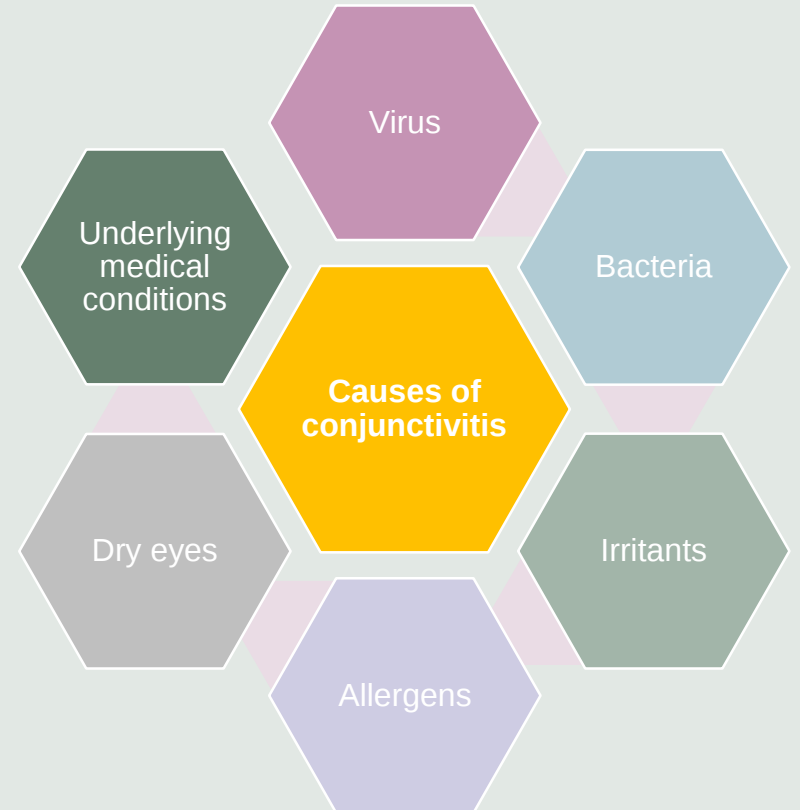
March 26, 2023:

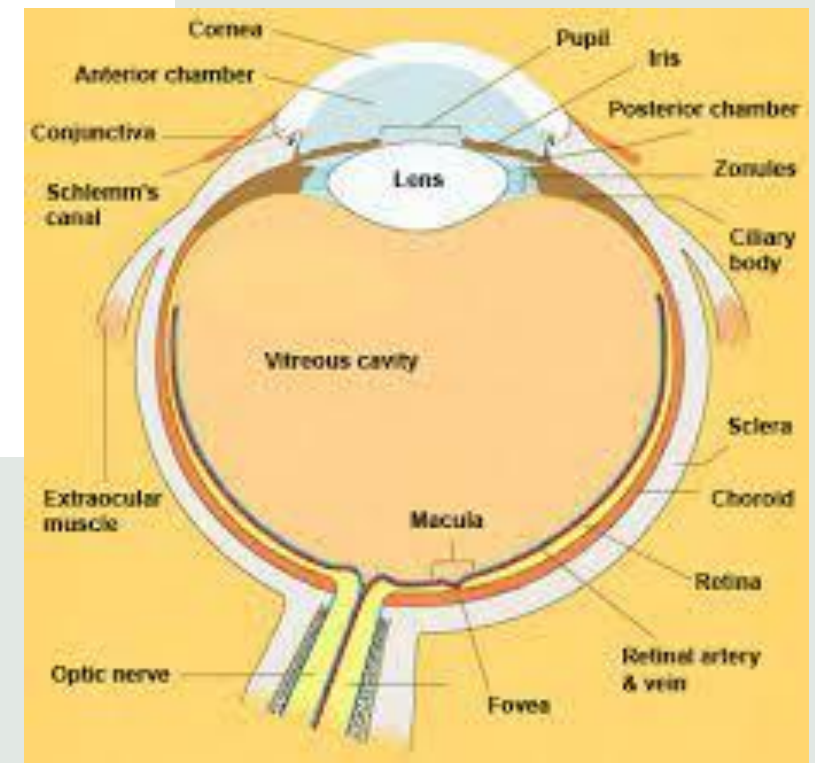
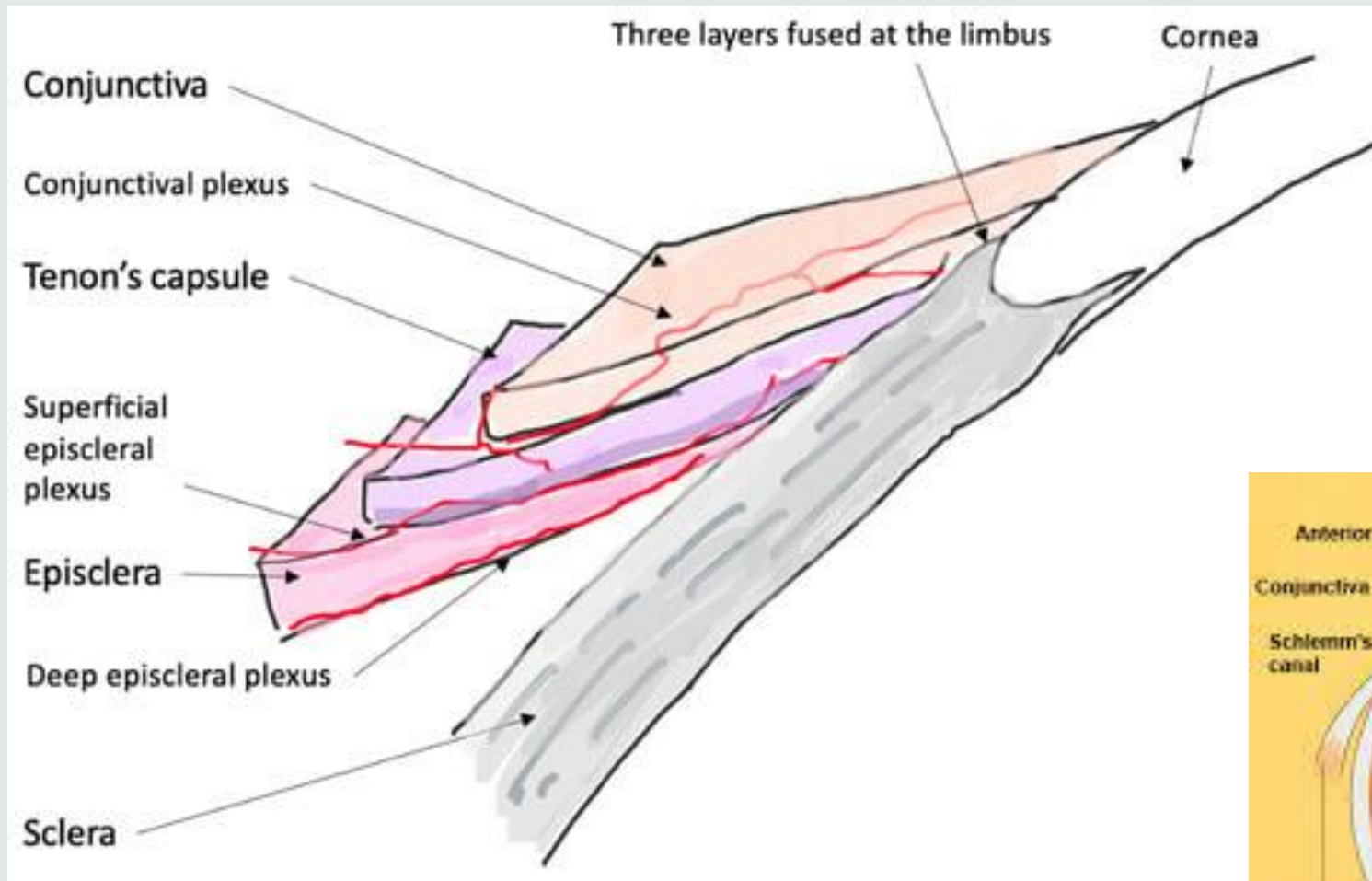
A 32-year-old male with red eyes. The symptom started worse in the right eye 10 days ago and now both eyes are red equally.



Conjunctivitis

- Inflammation of the conjunctiva
- Other symptoms include itching, swelling, and/or discharge



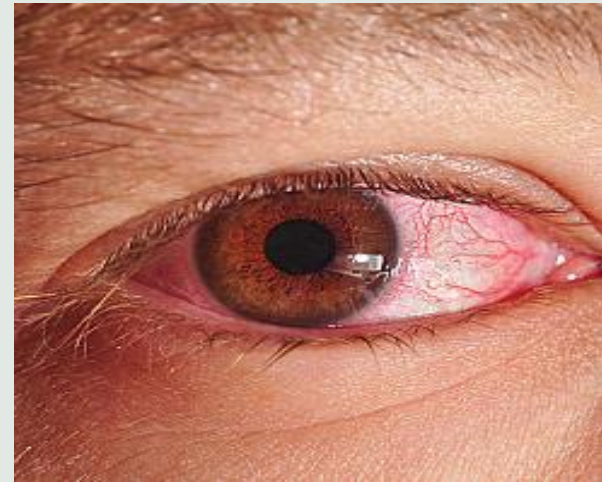


Case 2

March 26, 2023:

A 32-year-old male with red eyes. The symptom started worse in the right eye 10 days ago and now both eyes are red equally.

There is whitish mucus upon waking, and there is intense itching of both eyes at times.



On exam, both eyes are injected diffusely. There is mild whitish mucus when lower lids were pulled down.

Treatment options for allergic conjunctivitis

1. Preservative-free artificial tears (keep them cool!)
2. Allergy eyedrops
3. Cold compresses
4. Avoid allergens



Case 3

A 62year-old male calls in panic with redness of right eye upon waking this morning

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A 62year-old male calls in panic with redness of right eye upon waking this morning.

There is no pain, discharge, or change in vision.



Management

1. Reassure the patient that this is often a harmless condition that resolves on its own in 1-2 weeks.
2. Avoid rubbing your eye
3. Apply cold compress
4. Lubricate
5. Monitor your symptoms. If there is any change in vision, pain or discharge, consult an ophthalmologist

Case 4

23 year-old woman calls the office that her left eye is in severe pain. She thinks something may have gotten in eye when she was jogging this morning.

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A 23-year-old woman calls the office that her left eye is in severe pain. She thinks something may have gotten in eye when she was jogging this morning.



Treatment

- Antibiotic ointment or drops: erythromycin ointment q2h, ofloxacin/ ciprofloxacin/ moxifloxacin/ polytrim eyedrops qid
- Artificial tears
- Pain relief- no need for narcotics

*Corneal abrasion typically heals in 1-5 days.

Case 5

A 23-year-old woman calls the office that her left eye is in severe pain. She says the left upper lid is swollen and red.



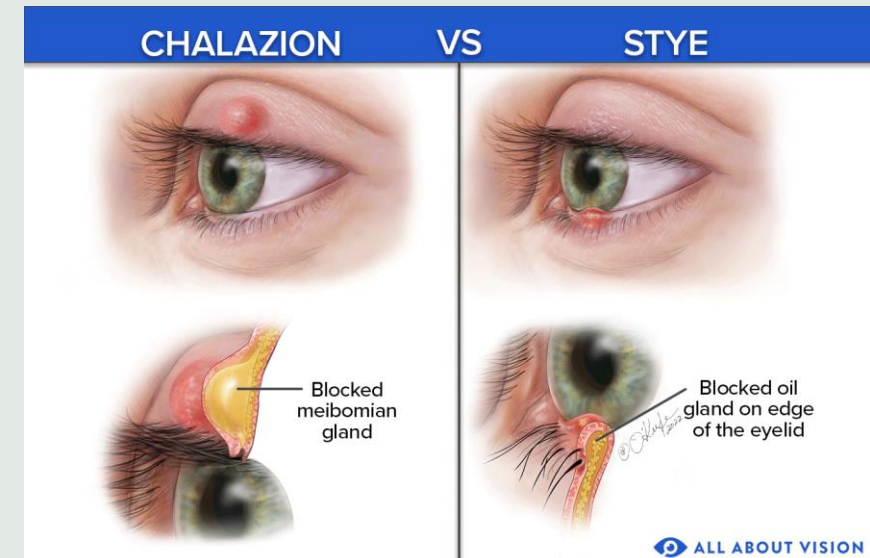
Stye

- a.k.a a hordeolum
- Bacterial infection in the oil glands of the eyelid at the base of an eyelash
- Painful, watery and sensitive to light
- Frequent warm compresses
- Antibiotic eyedrops can help

Chalazion



- Painless lump on an eyelid
- Blocked/ inflamed oil glands in the eyelid
- Large away from eyelash line; usually without redness
- Frequent warm compresses
- Steroid injections or surgical removal



Case 5

A 65-year-old woman presents to her [primary care doctor] with complaints of eye irritation, redness, and tearing in her right eye. She reports that her eyelashes are rubbing against her eye and causing discomfort.

Case 5

Upon examination, the [physician] observes that the lower eyelid of the right eye is turned inward, and the eyelashes are in contact with the cornea and conjunctiva.

Entropion vs Ectropion

- Inward (entropion) and outward (ectropion) turning of the eyelids



Treatment options

- Artificial tears
- Lubricating ointments
- Surgical correction

Case 6

A 35-year-old woman presents to her eye doctor with complaints of eye redness, discomfort, and irritation in her right eye for the past few days. She reports that the symptoms started gradually and have worsened over time. The patient has no significant past medical history, and her family history is unremarkable. She denies any trauma to the eye or recent illness.

Case 6

On examination, the doctor notes that the patient's right eye has a diffuse, pinkish-red appearance with no discharge or tearing. The eye is not sensitive to light, and the visual acuity is normal. The doctor performs a slit-lamp examination and observes a raised, localized area of inflammation in the episclera, which is located near the limbus (the border between the cornea and sclera).

Episcleritis

- Inflammation of the episcleral
- The condition is usually benign and self-limiting
- If recurrent, blood work-up is recommended
- NSAIDS or topical corticosteroid

Routine eye exam

The American Academy of Ophthalmology recommendation for those without risk factors for eye disease:

- Under 40 years, every 5-10 years
- 40-54 years, every 2-4 years
- 55-64 years, every 1-3 years
- 65 years or older, every 1-2 years

Online vision testing

- Appropriate for people 18-39 years of age with non-severe corrective eyeglasses prescriptions and no symptoms of eye disease
- NOT recommended for children younger than 18 years or age or those who are 40 or older.

Thank you for your attention.
