

Common Eye Conditions

Contained in this fact sheet are some of the most common eye conditions leading to vision-related problems. For more information contact your local vision health specialist or CNIB.

Saskatchewan provides free annual eye exams up to 18 years of age.

- Cataracts
- Cortical Vision Impairment
- Diabetic Retinopathy
- Glaucoma
- Macular Degeneration
- Optic Nerve Hypoplasia
- Retinitis Pigmentosa
- Retinopathy of Prematurity
- Stargardt's Disease

Cataracts

Cataracts form when the lens of the eye becomes cloudy. This clouding blocks light from reaching the retina, making it difficult to see. This condition is often corrected by replacing the lens with an implant.

For more information, contact your local vision health specialist or CNIB (pamphlet enclosed in Module).

Cortical Vision Impairment (CVI)

In CVI, the eye structure is often functional, and instead it is the brain structures related to sight that have received damage. This results in the brain being unable to effectively process what is seen by the eye.

For more information, contact your local vision health specialist or CNIB.

Diabetic Retinopathy

Diabetes can cause changes to blood vessels in the retina over time, which causes them to weaken. Diabetic Retinopathy is caused when retinal blood vessels weaken and leak. Some of the common symptoms may include blurred vision, flashes of light in the field of vision or blotches/spots in vision, but may not occur in the early stages of the disease.

For more information, contact your local vision health specialist, CNIB or the Canadian Diabetes Association.

Glaucoma

Glaucoma usually occurs when high pressure in the eye damages the optic nerve. Damage can occur over time as a result of drainage canals becoming blocked or can result from a sudden build up of fluid (due to injury,

inflammation, disease, etc.). Over time, loss of peripheral vision or complete loss of vision may occur.

For more information, contact your local vision health specialist or CNIB

Macular Degeneration

Macular Degeneration is a progressive condition causing damage to the macula of the eye (within the retina) and often results in central vision loss. Though it is commonly related to the aging process, it can also occur at an earlier age.

For more information, contact your local vision health specialist or CNIB.

Optic Nerve Hypoplasia

Optic Nerve Hypoplasia occurs when the optic nerve is under-developed. This occurs in uterus and can occur in one or both eyes. This results in limited vision.

For more information, contact your local vision health specialist or CNIB.

Retinitis Pigmentosa

Retinitis Pigmentosa (RP) occurs when light sensing cells in the retina gradually degenerate. This results in a slow, but progressive loss of vision. This condition often runs in families and usually starts in early adulthood. Symptoms include night blindness and the loss of peripheral vision.

For more information, contact your local vision health specialist or CNIB.

Retinopathy of Prematurity (ROP)

This occurs when abnormal blood vessels grow and spread within the retina. These vessels are fragile and can leak, and cause the retina to become detached. ROP can range from mild (stage 1) to severe (stage 5).

For more information, contact your local vision health specialist or CNIB.

Stargardt's Disease

Another condition that affects the retina is called Stargardt's disease. It is an inherited condition which usually occurs in childhood. Symptoms can include blurry or distorted vision, inability to see in low lighting and difficulty recognizing facial features. In some cases colour vision may also be affected.

For more information, contact your local vision health specialist or CNIB.