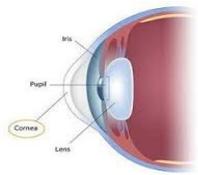
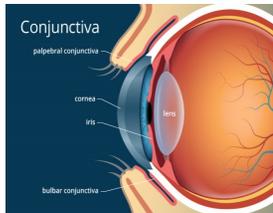


Background:



The **Cornea** is the transparent front part of the eye that covers the iris, pupil, and the other front components of the eye, known as the anterior chamber.

The conjunctiva is the thin, filmy membrane that covers the white part of your eye, the sclera.

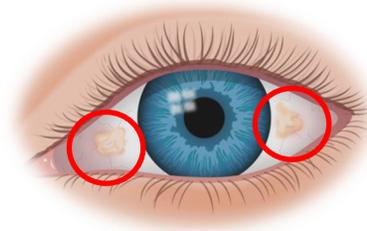


A **pinguecula** is a yellowish patch or bump on the conjunctiva, most often on the side closest to the nose. It is a change in the normal tissue that results in a deposit of protein, fat and/or calcium.

Pterygium is a pink, fleshy growth on the conjunctiva, often arising from a pinguecula.

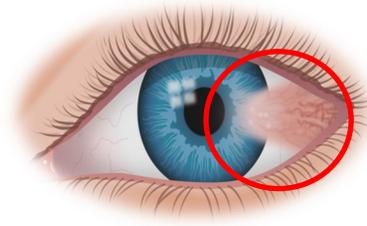
It is a non-cancerous lesion that usually grows slowly throughout life. Or it may stop growing after a certain point.

In some cases, a pterygium can grow onto the cornea. This can distort the shape of the cornea, causing a condition called astigmatism. The result can be blurred vision.



Symptoms Pinguecula:

- yellowish, raised area on the conjunctiva
- Irritation and scratchiness
- Dry eye
- Occasional inflammation of the conjunctiva
- Redness if the area becomes irritated



Symptoms Pterygium:

- Redness and/or inflammation.
- Burning.
- Gritty feeling.
- Blurred vision.
- Itching.
- Dryness.
- Foreign body sensation.

Causes:

Pinguecula and Pterygium arise from sun exposure early in life. Significant risk factors include:

- Prolonged exposure to ultraviolet light.
- Dry Eye.
- Irritants, such as dust, and industrial solvents and chemicals.
- Age.
- Being male.

Treatment:

- 1) Artificial tears can help for lubrication.
- 2) Anti-inflammatory eye-drops for redness and pain
- 3) If the growths become large enough to threaten sight or cause persistent discomfort, they can be surgically removed.

**Surgery may be recommended if there is recorded growth in the visual axis to prevent vision interference, even if they do not yet cause vision loss.

Prevention:

You can help prevent these growths by wearing sunglasses that have a coating that blocks the sun's ultraviolet A (UVA) and ultraviolet B (UVB) rays. Sunglasses also help protect your eyes from wind and other outdoor elements, such as sand.

Keeping your eyes moisturized with artificial tears might also help prevent pingueculae and pterygia. You should wear protective eyewear when working in a dry and dusty environment.

If you already have a pingueculae or pterygium, limiting your exposure to the following can slow its growth:

- wind
- dust
- pollen
- smoke
- sunlight



Avoiding these conditions can also help prevent pterygia from coming back if you've had any removed.



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