

PTERYGIUM

Pterygium most often refers to a benign growth on the conjunctiva. A pterygium commonly grows from the nasal side of the eye, but can occur on the temple side.

Symptoms of Pterygia:

- Persistent eye redness.
- Foreign body sensation.
- Excessive tearing.
- Dry and itchy eyes
- Altered cosmetic appearance of the eye.
- Altered vision with potential of obscuring the optical centre of the eye.

It is associated with and thought to be caused by ultra-violet light exposure, dust and low humidity (Dry Eye Disease)

Occasionally pterygia may grow onto the clear part of the eye (the cornea). If this occurs one's vision may be affected and the pterygium may need to be removed surgically. Once surgically removed, the chances of a pterygium recurring is 5%. Regular follow-up after surgical treatment encompasses eye lubricant usage and strict avoidance of UV light by wearing sunglasses and wide-brimmed hats.