

Strabismus in Adults

WHAT IS STRABISMUS?

Strabismus is a common eye condition that causes a misalignment of the eyes. Strabismus can also be referred to as crossed eyes, wall eye, or sometimes lazy eye, although this is actually a trait of another condition known as amblyopia where the brain decides to ignore a misaligned eye to avoid double vision (Hunter). Although strabismus is most commonly thought of as a childhood condition, it is estimated that it is almost four times more prevalent in adults. Strabismus in adults can be caused by a number of different things, including disease or trauma. It is also possible for childhood strabismus to redevelop in adulthood (Stephenson). Strabismus is a diagnosed medical condition that can cause terrible double vision which in turn can effect an individual's ability to drive or even communicate effectively due to lessened depth perception as well as peripheral vision.

CAN IT BE CURED?

There are some treatments or tricks that are commonly used to treat the double vision that can come with strabismus. Some people may try closing one eye, prisms (often used in eyeglass lenses), eye patches, or even covering one eyeglass lens all in an effort to get rid of the double vision. But sometimes these little fixes are not enough, and a more permanent approach may be desired. According to Dr. David Hunter, pediatric ophthalmologist at Boston Children's Hospital, "in most cases, eye muscle surgery is a successful, safe, and effective treatment for strabismus in adults of all ages," (Hunter). During surgery, the muscles that control eye movement are adjusted in order to move the eye into a straight, forward-facing position. Another treatment option involves using Botox injections can help to restore the alignment of the eye muscles.

MORE RESOURCES

<http://strabismusawareness.com/>

<http://www.texaseyes.org/awareness-month-sep>

http://www.neec.com/Pages/Services/Pediatric/StraightTalk/10_articles/1001_Adultstrabismus_Strominger.php

Hunter, David G. "Adults with Strabismus Service." *Boston Childrens Hospital*, Boston Children's Hospital, www.childrenshospital.org/centers-and-services/adults-with-strabismus-service-program/q-and-a-with-dr-david-hunter.

Stephenson, Michelle. "How to Take on Strabismus in Adults." *Review of Ophthalmology*, Review of Ophthalmology, 5 Oct. 2015, www.reviewofophthalmology.com/article/how-to-take-on-strabismus-in-adults.