



PATIENT NEWSLETTER
AUGUST 2022

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EYENATOMY

Is Your Eye Twitch a Sign of MS?

People with multiple sclerosis (MS) sometimes suffer from facial twitches, especially in the muscles around the eye. However, it's important to remember that an eye twitch as a standalone symptom doesn't usually mean that someone has MS. It's rare for an eye twitch to be the first MS symptom that people notice.

Twitches in the eyelids are common in otherwise healthy people and sometimes last for days or even months. Many different factors may trigger twitches, including:

- Health conditions
- Certain foods
- Lifestyle changes
- Habit changes
- Stress or fatigue
- Caffeine
- Dry eye
- Medication
- Damage to the facial nerves
- Neurological issues, like MS

Sometimes, an eye twitch appears for no reason at all. If you can't figure out the cause and the eye twitch doesn't go away, seek medical attention from your eye doctor.

MS Symptoms That Cause Twitching

MS usually develops between the ages of 20 and 40 years and occurs more commonly in women than men. People with MS often experience weakness, unusual sensations, and uncontrolled movements, including eye twitches. Here are some warning signs that an eye twitch might be due to MS or another serious condition:

- The twitch lasts for a long time
- The twitch does not get better with rest, a reduction in caffeine, or other lifestyle adjustments
- Other spasms are also occurring in the face
- The twitch fully closes the eye

Other symptoms of MS may include:

- Muscle weakness, tingling, or numbness
- Twitches occur elsewhere in the body
- Unexplained chronic pain
- Other eye issues, such as blurred vision or sudden color blindness
- Problems with coordination or balance

Although eye twitches usually go away on their own, this isn't always the case, even when MS is not the cause. The good news is doctors can treat eye twitches with injections of botulinum toxin, which is better known as Botox. Botulinum toxin temporarily paralyzes the nerve, stopping the twitch.

Depending on the cause of the twitch or how it appears, a doctor may recommend further testing to rule out nerve damage and other serious neurological issues. While there is no cure for MS, many people with the disease have their symptoms relieved or can even achieve full remission—which means that symptoms disappear—with the right treatment.

Determining the best treatment for MS depends on symptoms and overall health. Treatment might include:

- Physical therapy
- Exercise
- Lifestyle changes

When in Doubt, Talk to Your Doctor

It's normal for people who suffer from eye twitching to be concerned about their symptoms, especially when it's constant or interfering with normal work or daily activities. Although there are many causes of eye twitches, MS is one of the least common. If you're experiencing eye twitches that don't go away within a few days or makes it tough to work or perform other daily tasks, consult a doctor to get a more thorough workup. The results might just ease your concerns!

INSIGHTS

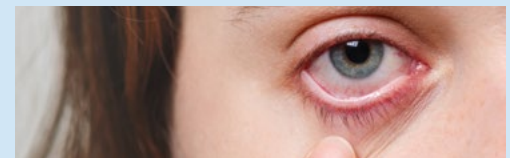
Learn About the Causes of a Swollen Eyeball

People who suffer from a swollen eyeball typically have the white part of their eye bulge out or look jelly-like. Many factors can cause a swollen eye, including the presence of an infection, a preexisting condition, or trauma.

A swollen eyeball is different from swelling around the eye or a swollen eyelid. A swollen eyeball involves the eye itself rather than the surrounding areas. In some cases, this condition will require medical attention.

Patients can experience a wide range of symptoms, including red or itchy eyes, watery discharge from the eyes, swollen eyelids, blurry vision, eye pain, and sensitivity to light, among many others. Several causes of have been identified, including:

- | | |
|---------------------------|------------------------------|
| • Injury | • Scleritis |
| • Conjunctivitis | • Subconjunctival hemorrhage |
| • Allergic conjunctivitis | • Uveitis |
| • Chemosis | • Thyroid issues |



The best treatment for a swollen eyeball will depend on the cause and its severity. Fortunately, effective treatments are available.

Without treatment, the condition causing a swollen eyeball could cause permanent damage. If you are experiencing severe symptoms, be sure to contact your optometrist as soon as possible for medical care.

EYE-Q

Q: How many times do you blink in one year? See answer on next page.



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EYE CANDY

Making Glasses Cool for Kids: The Impact of ‘Arthur the Aardvark’



Marc Brown, author of a children’s book ‘Arthur the Aardvark,’ gave his lead character some fun signature features, including a yellow sweater, pokey ears, and big round eyeglasses. What Brown couldn’t know is that his book, which turned into a TV series and ran for 25 seasons on PBS, would have a positive impact on kids who wear glasses everywhere.

For children with vision conditions and visual impairments, Arthur was an inspiration, a teacher, and a confidant when it came to dealing with childhood issues, including insecurities about appearance. The book and series made it okay to need and wear glasses.

In his writing, Brown highlighted how glasses helped kids read the chalkboard in class and see the ball during gym, but he also emphasized that kids could look great wearing glasses. In addition, the PBS TV show included several other characters with glasses, including Marina, a soccer-playing rabbit who experiences blindness. Although the TV series stopped airing new episodes in 2022, Arthur has left an impact on children that will continue for years to come.



EYE-Q

Answer to Eye-Q (from page 1):

The human eye blinks an average of 4,200,000 times a year!

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