

Parkinson's and your Vision

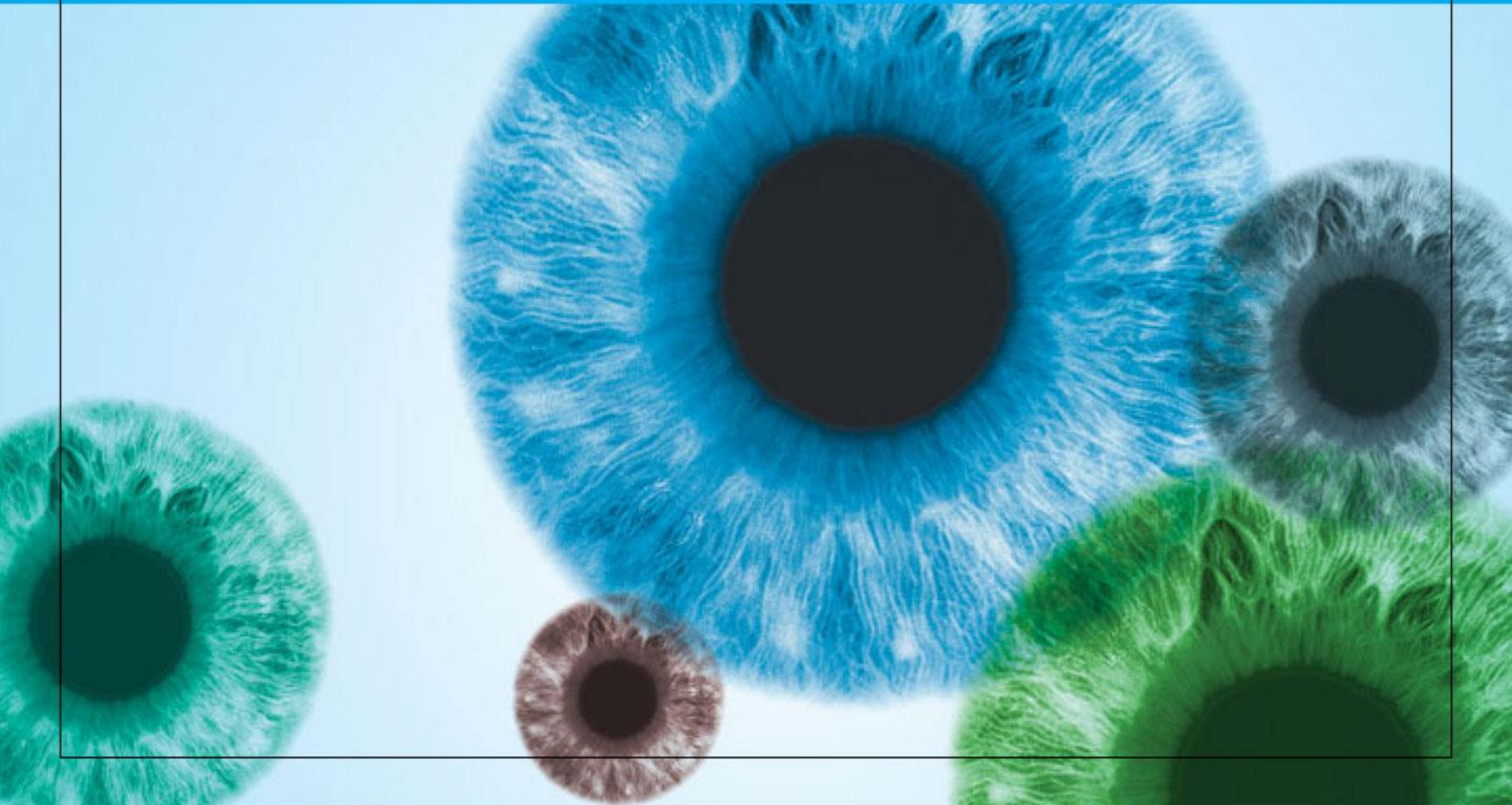
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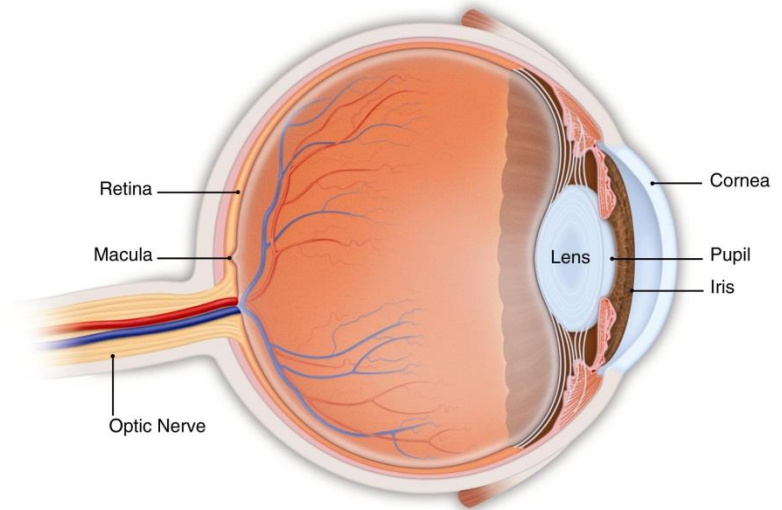
& Surgeons

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The healthy eye

- Light rays enter the eye through the clear cornea, pupil and lens.
- These light rays are focused directly onto the retina, the light-sensitive tissue lining the back of the eye.
- The retina converts light rays into impulses; sent through the optic nerve to your brain, where they are recognized as images.



Common Aging Eye Problems

- **Inability to see clearly is often caused by ocular aging changes**
- **Common aging problems:**
 - Cataracts
 - Presbyopia and refractive errors (myopia or presbyopia)
 - Dry eyes
 - Glaucoma
 - Macular Degeneration
 - Diabetic Retinopathy

Parkinson's Effects on Vision

- **Eye Movements Problems**
- **Dry Eyes and Surface Eye Disease**
- **Abnormalities of Blinking**
- **Impaired Contrast Sensitivity and Color Vision**
- **Visual Hallucinations**

Eye Movements and Blinking Abnormalities

- **Smooth pursuit movement**
- **Saccadic movement**
- **Convergence insufficiency may cause double vision when reading
treat with prisms in glasses**
- **Decreased blink reflex
contributes to dry eyes
treat with ocular lubricants**
- **Blepharospasm and apraxia (difficulty opening eyelids)
treat with Botulinum injections**

Common Symptoms of Dry Eyes

- **You feel like your eyes are stinging or burning**
- **Blurred vision, especially when reading**
- **A scratchy or gritty feeling on your eyes**
- **Your eyes are red or irritated**
- **Eye pain**
- **You have lots of tears in your eyes**

Treatment for Dry Eyes

- **Over the counter ocular lubricants; artificial tears or ointment**
- **Warm compresses**
- **Consider adding Omega-3 fatty acids to your diet**
- **Consider air humidifiers at home during winter months**

- **Prescription eye drops or nasal spray**
- **Punctal plugs**

Solutions to Reading Difficulties

- **Presbyopia, eye movement disorders and dry eyes can cause trouble reading**
- **Consider separate reading and distance glasses**
- **Treat dry eyes with lubricants and warm compresses or prescribed medication if necessary**
- **If convergence insufficiency is present, prisms for the glasses may be prescribed by your ophthalmologist**



Impairment in Color vision and Hallucinations

- Dopamine is a neurotransmitter in the brain and retina
- These symptoms may be related to the underlying disease (decrease dopamine) or to the medications used to treat it
- Discuss with Neurologist
- Adjustment in medications, if possible, may help control these symptoms



Preserve good vision with simple solutions to common Parkinson's visual symptoms

- **Visit your ophthalmologist annually to treat common aging eye changes**
- **Treat dry eyes with lubricants and warm compresses**
- **Consider separate reading glasses**
- **Discuss with your doctor any trouble with double vision, difficulty opening your eyes, color vision impairment or visual hallucinations, as medications and treatments may help with these symptoms**

