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Madras Eye cases on the rise

TIMES NEWS NETWORK

Bangalore: It's red eye time again. Doctors across the city have reported an increase in cases of conjunctivitis, commonly known as 'Madras Eye'.

ALL FOR AN EYE

Though there is no registry to show the increase, hospital registers show that at least 20 patients per week visit eye specialists with the symptoms. "Last week, we had a family suffering from it. Though not a major eye problem, prevention is necessary," said Dr Arun Samprathi of Samprathi Eye Hospital and Squint Centre, in Kumara Park West.

The "epidemic" is common during summer, though there are no evidence-based studies to suggest connection between the disease and weather.

Dr K Bhujang Shetty, who heads Narayana Nethralaya, said the infection spreads due to contact with a person infected by it. "As it is a communicable disease, its better to keep children away from school," he said. Though self-limiting, antibiotic drops are given for symptomatic relief. "Avoid self-medication or home remedies," Dr Shetty added.

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KNOW ALL ABOUT CONJUNCTIVITIS

- Conjunctivitis — pronounced kuhn-junk-tuh-VIE-tis — is an inflammation (redness) of the membrane that lines the white part of the eye and the underside of the eyelid, the conjunctiva. It's otherwise called Madras Eye or Pink Eye. Conjunctivitis is caused by infection, an allergic reactional agent, such as infrared or ultraviolet light.
- Caused by a bacterial or viral infection. Studies show many factors, such as smoke, dust, pollen, or even viruses of common cold, acute respiratory infections, or diseases such as measles may trigger it. It can be transmitted to other people
- The predominant form is redness of eye, swelling of eyelid, and a discharge from eye, which is watery and either yellow or green in colour. The eye feels scratchy and has a pus-like discharge. These infections can also cause swelling and tenderness of the lymph nodes behind the ear.
- Treatment depends on cause. Symptoms are relieved by cold or hot fermentation. It is repeated several times a day. Common symptoms include redness of the eye, swelling of eyelid, and discharge from eyes