

## What is a Pinguecula?

A pinguecula (pin gwe' cue la) is a benign, white/yellowish growth that forms on the conjunctiva. They usually grow near the cornea on the nasal side. Pingueculae (plural form of pinguecula) are thought to be caused by ultraviolet light and are most common among people who spend a great deal of time outdoors. This growth does not affect vision but may cause irritation if it becomes inflamed or elevated.

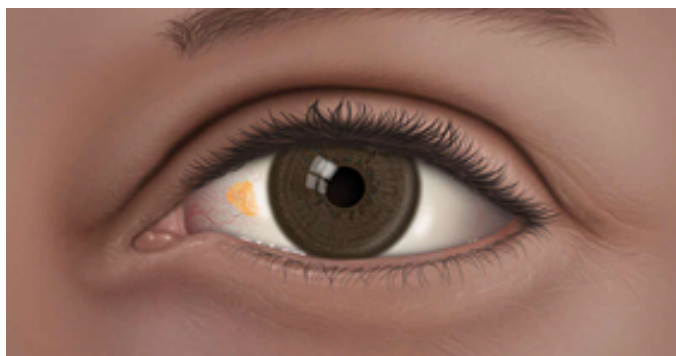


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## Signs and Symptoms of Pinguecula

Pingueculae are harmless growths and rarely cause symptoms.

- Yellowish/white, raised area on the conjunctiva
- Irritation and scratchiness
- Dry eye
- Occasional inflammation of the conjunctiva
- Redness if the area becomes irritated

## Treatment options for Pinguecula

Due to their benign nature, pingueculae rarely require treatment. Occasionally, the growth may become inflamed, causing irritation and dryness. The doctor may prescribe artificial tears for lubrication and mild anti-inflammatory medication to reduce swelling. Surgery is not usually necessary.

## What is a Pterygium?

A pterygium, also known as surfer's eye, is a raised, wedge-shaped growth of the conjunctiva that extends onto the cornea. Those who spend a lot of time outdoors or in ultraviolet light are more likely to develop a pterygium. Pterygium can cause vision problems if the growth intersects the pupil.

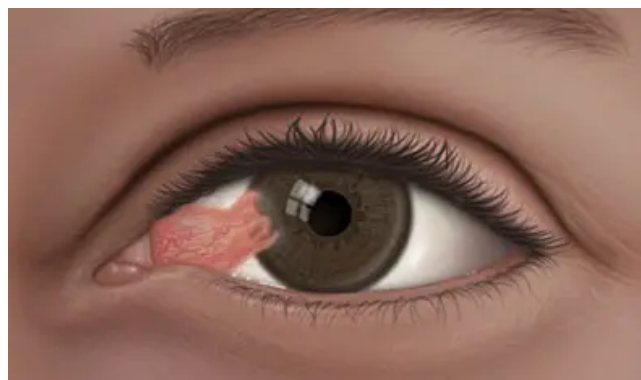


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## Signs and Symptoms of Pterygium

Symptoms of pterygium can range from mild to severe. They include:

- Redness and swelling of the conjunctiva, mostly while the pterygium grows
- A yellow spot or bump on the white of your eye
- Dry, itchy, burning eyes. Or feeling like sand or grit is stuck in your eye
- Blurry vision

## Treatment options for Pterygium

Lubricating eye drops can help relieve irritation. If a pterygium grows large enough to cause problems, the ophthalmologist may recommend a surgery to remove it. Once the pterygium is removed, a thin piece of tissue is placed on the affected area to reduce the chances of regrowth.

# FAQ

## How are pingueculae and pterygium detected?

- ✓ Pingueculae and pterygium can often be seen with the naked eye; however, the doctor diagnoses the growth with a careful examination with a slit lamp microscope.

## How do I avoid progression?

- ✓ Wear sunglasses
- ✓ Protect your eyes from dust by wearing glasses or goggles
- ✓ Use artificial tears consistently