

Keratoconus

Clue:

Eye Rubbing & Ocular Allergy

Eye rubbing is associated with keratoconus

Eye rubbing shows consistent association with keratoconus and keratoconus progression, even though a causal relationship has not been determined. CLEK study findings showed that 50% of keratoconic patients reported eye rubbing in one or both eyes vigorously.¹

Atopy is commonly observed with keratoconus

Treating associated atopic eye allergy symptoms may be more effective than asking patients not to rub their eyes.

Other conditions linked with eye rubbing

Vernal keratoconjunctivitis, allergies, atopic dermatitis, dry eye disease, and eye rubbing are all associated with keratoconus.²

“Even in those with no other associated pathology and with negative family history of keratoconus, keratoconus screening with corneal tomography should be considered in children with atopy and eye rubbing behavior, regardless of age.”

—Dr Tullo, iDetective

References

1. Wagner H, Barr J, Zadnik K. Collaborative longitudinal evaluation of keratoconus (CLEK) study: methods and findings to date. *Contact Lens Anterior Eye*. 2007;30(4):223-232. 2. Robati RM, Einollahi B, Einollahi H, Younespour S, Fadaifard S. Skin biophysical characteristics in patients with keratoconus: a controlled study. *Scientifica (Cairo)*. 2016;2016:6789081.

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