



What's New in Ophthalmology Today?

Ocular Rosacea and Demodex Mites

Ocular Rosacea is a very common disorder characterized by eye irritation, dryness, and blurred vision. Patients often complain of eyelid crusting, redness of the eye and eyelids, and white mucous discharge from the eyes. The condition can get severe enough to cause problems with the cornea and vision. 10% of the population has Rosacea of the face characterized by red sores, thick enlarged nose (think W.C. Fields) and little spider veins on flushed cheeks but you can have just the ocular component without the skin troubles.

Among the causes of this disorder is the **Demodex mite**. This mite lives near the root of the eyelashes (and eyebrows). In the May journal **Ophthalmology**, Scheffer Tseng, MD and his group report their findings on patients with ocular rosacea and the Demodex mite. The mite releases a substance which is very inflammatory to the eyelids. Eliminating the Demodex mite is the goal. The use of tea tree oil shampoo to the lids, brows and hair on a daily basis will definitely help. Stronger treatment in the doctor's office can lead to the elimination of the mite. While not the most appealing idea, mites on the lashes, it is true. Dealing with this disorder can lead to the relief of the chronic red, itchy blurry complaints that afflict so many patients. There is a treatment for this condition and the sooner it is employed, the sooner the eyes can get back to good health.

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