

Squint Causes Types Management and Role of Parents in Mobile Abuse by Children

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Squint also termed as strabismus is a kind of common ocular condition characterized by abnormal ocular deviation with absence of normal ocular paralism and paucity of binocular vision which is of 3 types:

- Simultaneous perception
- Simultaneous fusion and
- Stereopsis

main aim of squint management is not only to correct the normal angle of deviation but to ensure normal status of vision for this early diagnosis and management by proper squint expert is very important so it is very important for every parent to seek the advice of paediatric ophthalmologist if they observe any sort of abnormal ocular deviation in their children with better awareness and education prognosis of squint is far better than before.

Long back in underdeveloped Asian countries squint was considered to be a kind of stigma especially in females so proper management was not done by the time management was sought squinting eye was already in state of amblyopia that is kind of lay eye.

3 main parameters for during assessment are

- Assessment of vision
- Mydriatic refraction and
- Fundus examination.

Fundus examination is very important as there are some ocular conditions which cause squint like

- Retinoblastoma and Coates disease.

Types

- Paralytic
- Non paralytic
- Commitant
- Incommitant
- Accommodative
- Non accommodative
- TPES.

Esotropia exotropia hypertropia hypotropia heterophoria pseudo squint microtropia cyclophoria orthophoria.

Paralytic squint presents as

- Impairment of vision
- Diplopia
- Important of ocular movements
- Primary deviation is greater than secondary deviation
- Turning the head towards the direction of action of paralysed muscle
- False orientation
- False projection
- Abnormal head tilt
- Ocular torticollis
- Vertigo.

Bilateral alternating esotropia presents as

- Crosses fixation
- Uncrossed fixation
- A V pattern
- Broad angle
- Covering the dominant eye will make child to cry
- Abuse of children playing games on mobile
- Children in age group of 5 to 7 years playing games on mobile strain their eyes.

They present as

- Eye ache eye strain head ache.
- Irritability vertigo nausea and vomiting fainting attacks even epileptic like attacks delayed mile stones.
- Blued vision squint and diplopia.

So it is important for every parent to monitor their children from mobile abuse.

And encourage them for any sports activity.

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