

what is

KERATOCONUS?

Keratoconus, or KC, is a vision disorder that results in the cornea becoming weak and unstable. KC affects both eyes, but one is usually worse than the other. The vision impairment may be initially misdiagnosed as myopia or astigmatism that continues to get worse. Changes to the eye resulting from KC are usually first seen during the teen and early adult years.



HERE'S WHAT TO DO IF YOU THINK YOU HAVE KC



DON'T RUB YOUR EYES!

Eye doctors agree eye rubbing causes additional damage to already thin, weak corneas. For KC patients, eye rubbing can become an unconscious action. Make every effort to recognize and avoid this behavior.



VISIT YOUR DOCTOR REGULARLY

If you get your eyes tested infrequently, your eye doctor may not detect progression (worsening). If you notice your vision has changed, it may be a sign of KC. Your doctor will order tests to document the changes.



MAKE A PLAN - THERE IS HOPE!

Keratoconus cannot be cured, but there are effective treatments. Contact lenses can improve vision. Crosslinking can stop progression. Talk to your eye doctor and together make a plan to manage your KC.



WORLD KC DAY IS NOVEMBER 10 - SPREAD THE WORD!

To learn more, please visit the National Keratoconus Foundation website
www.nkcf.org

