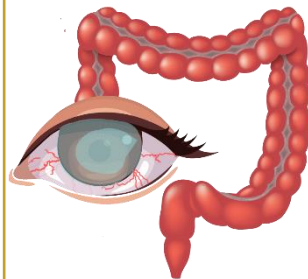




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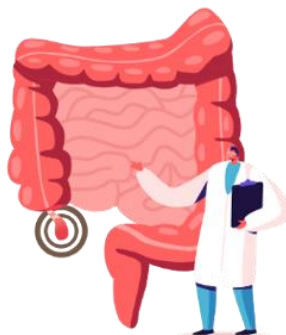
Eye Disorders and Inflammatory Bowel Disease





What is the relationship between ulcerative colitis and Crohn's disease and the eye?

- About 4-10% of the Inflammatory Bowel Disease patients have disease complications in their eyes.
- Symptoms of Inflammatory Bowel Disease can affect organs outside the digestive system including the eye.
- Symptoms occur either because of a direct Inflammatory Bowel Disease affect, or as complications of the medications used to treat the condition such as Cortisone.
- For some the eyes can be the first sign of immune disorder, while for others there would be no sign until years of living with the disease.





What are the causes of eye disorder associated with Inflammatory Bowel Disease?

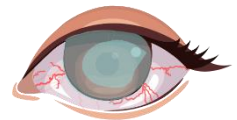
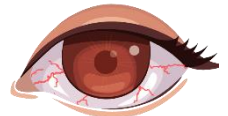
The exact reason of eye disorder in Chron's disease is unknown, but there's growing evidence of it influenced by genetic component. Therefore, having a **family history** infected with Inflammatory Bowel Disease, increase the risk of eye inflammation, even if not infected with Inflammatory Bowel Disease.



What are the causes of eye disorder associated with Inflammatory Bowel Disease?

What are the types of eye inflammation associated with Inflammatory Bowel Disease?

- Uveitis.
- Episcleritis: inflammation between the whites of the eye and the lining of the inner eyelids.
- Scleritis: inflammation of the white of the eye.
- Keratopathy: a disorder of the cornea (in general Chron's disease only)
- Dry eyes





What is Uveitis?

It is an inflammation of the middle layer of the eye.

- The uveal tract consists of iris, choroid, and ciliary body. Uveitis may affect any part of these, **the most infected one is the iris.**
- One or both eyes can be infected.
- Symptoms can appear suddenly or gradually over several days.
- Uveitis affect people who suffer from immune system problem, such as Inflammatory Bowel Disease.
- Uveitis may occur with Inflammatory bowel disease episodes and with increase of inflammation in the body.





What are uveitis symptoms in Ulcerative colitis and Crohn's patients?

Pain



Blurred vision



Light sensitivity



Headache



Eye redness



Floaters





What are the types of uveitis?

Uveitis at the front of the eye: the most common type.
It affects the iris, choroid, and ciliary body.

I Uveitis in the middle of the eye: the area behind the
ciliary body and the vitreous humor.

Posterior Uveitis: uveitis at the back of the eye.

Panuveitis: uveitis at the back and front of the eye.

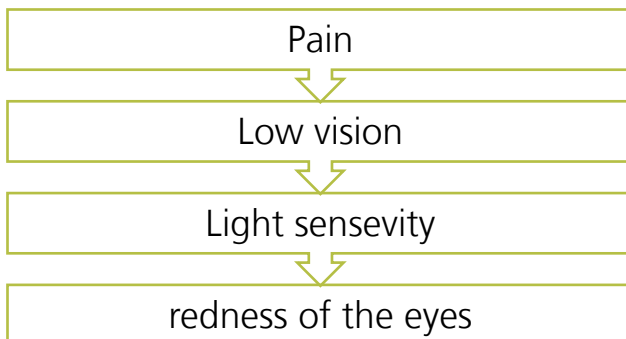


What is uveitis?

Uveitis is less common compared to Episcleritis, but the inflammation of the iris is considerably more dangerous, and, in some cases, it may cause ocular hypertension and loss of vision.

- ✓ Uveitis associated with Inflammatory Bowel Disease is four times more common in woman than in men.
- ✓ Uveitis is also associated with joints inflammations and malformation of the sacroiliac joint

What are the main symptoms of uveitis?





What is Keratopathy?

Keratopathy is a cornea disorder, which is the clear layer in front of the iris and pupil.

What are the signs of Keratopathy?

- Eye irritation.
- Sensation of a foreign object inside the eye.
- Decreased vision.
- Watery eye.
- Pain.
- Light sensitivity.





What is a dry eye?

Dry eye or Keratoconjunctivitis sicca occurs when the eye is **unable to produce enough tears**. It can be caused by variety of reasons, making the infected feels like there's **sand in their eyes**.

What are the signs of dry eye?

- Itching or tingling
- Burning
- Pain
- Eye redness





What is scleritis?

Scleritis is the most occurring eye – related disorder for those with Crohn’s disease. Usually, it appears earlier in the diagnosis, and it may disappear with treatment.

- ✓ In rare cases, patients could develop inflammation in different parts of the eyes, including the retina, optic nerve, or cause cornea limbal inflammation, Pseudoptosis, Extraocular muscle, eye’s muscle inflammation, and Posterior Uveitis.





How seriously inflammatory bowel disease patients exposed to eye disorder?

The risk of getting eye symptoms increases if there's at least one of IBD symptoms outside the intestine.

- ✓ Crohn's medication can cause complications including eye inflammations, medication such as Cortisone may cause ocular hypertension (**blue water**) or white water (**cataracts**).

How eye disorder in Crohn's patients is diagnosed?

- ✓ By checking the medical history and an examination of the eye.





How to treat eye symptoms associated with Crohn's disease?

- Uveitis is a dangerous case requires an immediate treatment with **topical Cortisone** in the form of eye drops or treatment taking by mouth. In addition to dilating eye drops which offer a short-term relief and reduce inflammation complications.
- If the inflammation is not treated it might lead to ocular hypertension and loss of vision.
- Mild Keratopathy can be treated by eye drops.
- For some patients, the disease medication itself is enough to treat the associated eye disorder.





What do I need to know about eye disorders associated with Crohn's disease?

- Usually, eye complication associated with Crohn's disease is mild.
- Uveitis complications can be dangerous enough to cause blue water and vision lost, if not treated immediate
- Regularly do eye examination and tell the doctor of any sign of eye irritation or vision problems.
- Uveitis is directly associated with inflammatory bowel disease, if it was stable with the treatment so will be the Uveitis.

Sources and references:

All images from Canva.com

Review and audit:

The content of this booklet has been reviewed by consultants in the Department of Ophthalmology at King Fahd University Hospital.

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