

# Editorial

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## Keratoconus Awareness Day

Keratoconus affects negatively the quality of life of the patients suffering from this disease, it affects uncorrected visual acuity and the best spectacle corrected visual acuity, the quality of vision is degraded.

In spite of the advances in the production of various new types of contact lenses, still many patients are not able to wear them and hence need surgery.

Intrastromal corneal rings improve the uncorrected and best corrected visual acuity in keratoconus patients, ameliorate their quality of life, and may prevent or least delay the need for keratoplasty.

Collagen corneal cross-linking stops the disease in most of the cases and the earlier the disease is stopped the more is the visual acuity preserved.

Collagen corneal cross-linking combined with photorefractive keratectomy may at least temporarily improve the visual acuity. Phakic intraocular lenses specially the toric lenses may improve vision in selected cases. The combination of all the up mentioned treatment in various sequences has been reported in various works with positive effect on visual acuity. The improvement in the diagnostic tools, corneal topographies, and optical coherence tomography of the cornea enables us to detect the disease in its early stages.

We still see many cases in which keratoconus patients are diagnosed as suffering from amblyopia; we also see cases of young adolescents in such an advanced stages of the diseases that the only remedy is keratoplasty, although collagen corneal cross-linking is available since more than 10 years .

Eye rubbing is one of the major risk factors of the disease. Increasing the awareness about the disease, early diagnosis, and treatment if needed in addition to avoiding the risk factors such as rubbing the eyes will spare avoidable visual loss and unnecessary major surgeries with all the suffering which accompanies it in addition to the private and public economic burden.

In order to increase the awareness of the public and the public health system to this frustrating disease, I find it appropriate to promote the "Keratoconus Day" a day in which the press, the schools, universities, the public health system, and nonprofit organizations are engaged in promoting awareness and early detection of the disease.

I know that it needs a lot of work and efforts to make the Keratoconus Day like the Glaucoma Week. But first comes the idea and the journey of thousand miles starts with one step.

**So let us all put our joint effort to promote the Keratoconus Day.**

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