

Treatment of acute acquired esotropia.

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Description

Esotropia is a type of strabismus, a condition characterized by misalignment of the eyes. In esotropia, one or both eyes turn inward towards the nose, leading to crossed or convergent eyes. This condition can affect people of all ages, from infants to adults. Esotropia can have a significant impact on a person's vision and overall quality of life. Esotropia can develop for various reasons, and its exact cause may differ from one individual to another.

Congenital Esotropia, children are born with esotropia, which is often referred to as infantile esotropia or congenital strabismus. This condition typically manifests in the first few months of life. The exact cause of congenital esotropia is not well understood, but it may be related to issues with the eye muscles' control or neurological factors. Refractive esotropia is associated with significant differences in the refractive error between the two eyes. When one eye is more nearsighted or farsighted than the other, the brain may attempt to compensate by turning one eye inward.

Accommodative Esotropia, accommodative esotropia occurs when the eyes turn inward when focusing on a near object. This condition is often linked to uncorrected farsightedness (hyperopia) and may develop in childhood. Non-accommodative esotropia, also known as non-refractive esotropia, can occur without a significant difference in refractive error between the two eyes.

This type of esotropia may result from issues with the eye muscles, brain control, or other underlying conditions. Some cases of esotropia may be associated with neurological conditions or brain disorders, such as cranial nerve palsies, brain tumors, or conditions affecting the eye muscles' control.

The most obvious symptom of esotropia is the inward turning of one or both eyes. However, there are several other associated symptoms and signs that can indicate the presence of this condition. Double Vision, when the eyes are not aligned correctly, the brain receives conflicting visual information, leading to double vision. To mitigate this, the brain often suppresses the image from one eye, leading to reduced vision in that eye. Squinting, individuals with esotropia may squint one eye or tilt their head in an attempt to align their eyes and reduce the double vision. Poor Depth Perception is when one eye turned inward, it becomes challenging to accurately judge distances and have good depth perception. Eye Fatigue, individuals with esotropia may experience eye strain and fatigue, especially when trying to maintain the proper alignment.

Reduced Visual Acuity, eye that is turned inward may experience decreased visual acuity over time due to disuse amblyopia (lazy eye). Diagnosing esotropia typically involves a comprehensive eye examination by an ophthalmologist or optometrist. Visual Acuity Test, the doctor will assess the visual acuity of each eye to determine if there is any significant difference between them. The cover test involves covering one eye while the doctor observes the alignment of the uncovered eye. This test helps detect any misalignment. Refraction Test, measuring the refractive error in each eye is important, as refractive errors may contribute to the development of esotropia. Ocular Motility Test, test evaluates the movement of the eyes and their alignment in different directions of gaze. The eye doctor will examine the structures of the eye, including the eye muscles and the health of the optic nerve.

The treatment of esotropia aims to correct eye misalignment, improve binocular vision, and address any underlying causes. In cases of refractive or accommodative esotropia, prescription glasses may be sufficient to correct the underlying vision problems, helping to align the eyes properly. Vision therapy is a personalized program of eye exercises and activities designed to improve eye coordination and reduce eye strain. It is often used for individuals with non-refractive esotropia. In cases of amblyopia (lazy eye) associated with esotropia, patching the stronger eye for a specified period each day may encourage the weaker eye to improve. Botox Injections may be used to temporarily weaken specific eye muscles, allowing for better eye alignment. This is typically a short-term solution and may be followed by surgery. Strabismus surgery is a common treatment for esotropia, especially when other methods are ineffective. During the procedure, the eye muscles are adjusted to achieve proper alignment. The success of surgery can vary, and additional surgeries may be required. Vision and orthoptic therapists work with individuals to improve eye coordination and visual skills through exercises and techniques tailored to their specific needs. If esotropia is caused by an underlying medical condition, such as a brain tumor, it is essential to address that condition through medical or surgical means.

Esotropia is a complex eye condition that can affect people of all ages, leading to misalignment of the eyes and associated visual problems. Timely diagnosis and appropriate treatment are crucial to improve eye alignment, restore binocular vision, and enhance overall quality of life. The choice of treatment depends on the type and severity of esotropia, and it often involves a combination of strategies, including glasses, vision therapy, patching, surgery, and addressing any underlying causes.

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