



In order to help you understand the care we have provided; I have prepared this examination report to address the principal features of your eye health and your vision correction requirements.

### **PINGUECULUM**

The conjunctiva is a thin, clear layer of tissue that covers the white portion of the eye as well as the inside of the upper and lower eyelids. A pingueculum is thought to be a degeneration or thickening of this conjunctival tissue covering the white part of the eye. Typically, pinguecula are positioned in the horizontal meridian on the front surface of the eye. They can be present on either side of the cornea but is more common on the nasal side.

Pinguecula are very common in adults. They consist of a fatty elastic type tissue. They stay relatively small, but they do cause inflammation (red-irritated eyes). The cause of pinguecula is not completely known. However, irritation such as smoke, wind, dust, contact lenses or dry eyes are typically contributing causes. Recent studies indicate that pinguecula may be stimulated by ultraviolet exposure to the sun and manmade sources. All spectacle eyewear corrections should contain an ultraviolet coating to help prevent further irritation.

Pinguecula are no cause for alarm and are typically no significant concern from a cosmetic standpoint. Should a pingueculum become red or irritated, topical decongestants may be used to relieve the redness or the mild irritation that may result.

I hope you have found this report interesting and informative. This personalized report has been motivated by my goal to provide excellence in eye care. I look forward to seeing you for your future eye care needs.