

# KERATOCONUS DISCUSSION GUIDE

## Start the conversation with your doctor.

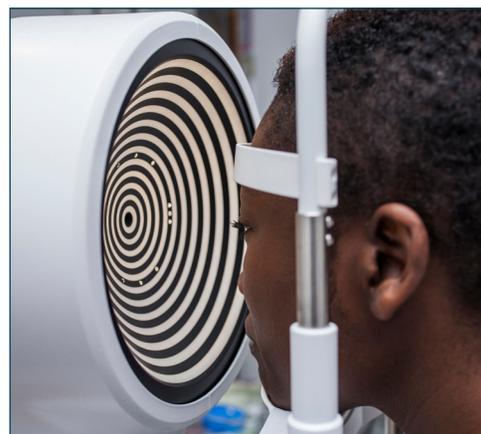
Use this guide to help keep track of your signs and symptoms. Bring it to your next appointment with your eye doctor to discuss if you should be screened for keratoconus.



**Keratoconus, also referred to as 'KC', is a sight-threatening eye disease** that usually first appears in people in their teens or early twenties, but often affects adults too.

KC is a progressive disease in which the cornea weakens and thins over time, causing vision problems. For this reason, **early diagnosis is critical and that's why it's important to discuss any vision issues with your eye doctor.**

The most common diagnostic tools used to help determine if a person has keratoconus are a corneal topographer and/or a tomographer. **Ask your doctor if he/she has access to one of these tools for screening.**



Corneal Topographer

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## COULD IT BE KC?

Answers these questions below and share your answers with your doctor.

- Do you often feel the urge to rub your eyes? **Y/N**
- Do you experience blurry vision? **Y/N**
- Do you sometimes have trouble seeing clearly, even with new glasses or contacts? **Y/N**
- Do you have difficulty with your night vision (e.g., glare around lights)? **Y/N**
- Has your vision changed, requiring frequent updates to your glasses/contacts? **Y/N**
- Has a family member been diagnosed with keratoconus? **Y/N**

**Have you used any of the following to manage your vision?**

- Eyeglasses
- Soft Contact Lenses
- Rigid Gas Permeable (RGP) Contact Lenses

**Have you ever had any of the following treatments?**

- Intracorneal ring segments
- Corneal Cross-Linking
- Corneal Transplant Surgery



## QUESTIONS TO ASK YOUR DOCTOR

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### ABOUT KERATOCONUS

- ? How does keratoconus affect vision?
  - ? Does keratoconus get worse?
  - ? What does "progressive" keratoconus mean?
  - ? Is keratoconus genetic?
  - ? Is there anything that makes keratoconus worse?
  - ? Does keratoconus affect both eyes?
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### ABOUT TREATMENT OPTIONS

- ? What are the treatment options for keratoconus, and which do you recommend?
- ? What treatment options are FDA-approved?
- ? What treatment options are covered by insurance?
- ? Could cross-linking be right for me?

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OR SCAN THE QR CODE TO

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