



In every patient with ocular hypertension, search for signs of pseudoexfoliation syndrome as these patients are at significant risk of converting to glaucoma

The Science behind the Tip

Patients with ocular hypertension and pseudoexfoliation syndrome are twice as likely to convert to glaucoma as those without this condition (1). The IOP is often high on presentation and tends to fluctuate widely. If glaucoma develops in pseudoexfoliation syndrome the rate of progression is greater than that found in patients with primary open-angle glaucoma (2).

In the early stages of pseudoexfoliation syndrome the ocular signs are subtle and easily missed on clinical examination. The pupils should be dilated to check for fibrillar material on the anterior lens surface. Gonioscopy should be undertaken, as signs of excessive trabecular meshwork pigmentation may precede the detection of pseudoexfoliation syndrome (3)

References

- 1) Grodum K, Heijl A, Bengtsson B. Risk of glaucoma in ocular hypertension with and without pseudoexfoliation. *Ophthalmology* 2005; 112: 386-90.
- 2) Heijl A, Bengtsson B, Hyman L et al. Natural history of open-angle glaucoma. *Ophthalmology* 2009; 116: 2271-6.
- 3) Wishart PK, Spaeth GL, Poryzees EM. Anterior chamber angle in the exfoliation syndrome. *Br J Ophthalmol* 1985; 69: 103-7.