

# Healthy Living

SAS Clinic Health Newsletter June 2010

## Red Eyes



**SAS Clinic**  
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**Open 24 Hours**  
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Plot 76 Kampala Road  
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Tel: 0414 345 325  
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**SAS Clinic**  
**Bugolobi**  
**Open 8.00 am – 9.00 pm**  
Plot 54 Katzamiti Road  
P O Box 3876 Kampala  
Tel: 0414 220 970  
Fax: 0414 345 339

### Services available

24 Hour Clinic  
24 Hour Laboratory  
24 Hour X-ray  
24 Hour Ultrasound  
Hitech Ultrasound  
Echo & Doppler  
ECG  
Stress ECG  
Holter Monitoring  
Theatre & Surgery  
Dental  
Physiotherapy  
Counseling  
Inpatient /Admissions  
General Doctors  
Specialists

### Definition

Red Eyes (or Conjunctivitis) is the inflammation of the outermost layer of the eye and inner surface of the eyelids.

### Typical symptoms

The most common symptoms of this disease are (1) Redness of the eyes (2) Irritation and itching and (3) Watering or tearing.

### Causes

Red Eyes may be due to (1) Viral infection (2) Bacterial infection (3) Allergic reactions (4) Chemical toxicity. The current epidemic in and around Kampala is viral and bacterial.

### Viral conjunctivitis

This is usually associated with flu, colds, sore throat and cough. It usually begins in one eye and spreads to the other.

### Bacterial conjunctivitis

Bacterial conjunctivitis causes a gritty irritating feeling in the eye and a discharge that may cause the eye lids to stick together. It usually affects only one eye but may also spread to the other.

### Transmission

Conjunctivitis is a contagious disease and is spread from person to person due to lack of proper hygiene. The viruses are excreted through bodily fluids like tears, faeces or mucous. Transmission is also facilitated by vectors such as house flies.

## Specialists' Clinics

Physician

Family Physician

Dental

Cardiology

Pediatrics

OB/GYN

ENT

General Surgeon

Orthopedics Surgeon

Neurosurgeon

## Prevention

- Observe proper personal hygiene
- Wash your hands frequently with soap
- Bathe regularly and wash your face with clean water
- Wash handkerchiefs thoroughly with soap and iron them properly
- If possible use disposable sanitary materials for blowing your nose and dispose of them properly
- Keep your environment clean and free from vectors such as flies
- Avoid touching your eyes
- Avoid sharing towels, wash clothes, handkerchiefs and sunglasses
- Where possible, avoid shaking hands or touching surfaces in public places that are handled by many people.

## Treatment and Management

In case you develop Red Eyes, see a doctor for proper treatment and management. Antibiotics, anti-inflammatory eye drops and ointments may be used to treat the disease or give symptomatic relief. Bathing the eye and lashes with boiled cooled water may also help. If not properly treated or managed, Red Eyes may result in corneal ulcers or wounds which may cause partial blindness.

## Conclusion

Red Eyes or Conjunctivitis is a preventable disease. By taking the precautions outlined above, you can easily protect yourself and your family from contracting it.



SAS Laboratory  
24 Hour Laboratory services

SAS Radiology  
24 Hour Ultrasound & X-ray

CT scan installation almost  
completed