



## Living with floaters

Floaters are extremely common in adults and for most people are a minor annoyance that they will adjust to.

However, for a minority of patients opacities are so dense or numerous that they negatively impact quality of life.

Sufferers with more severe cases cite practical difficulties, strains on relationships, negative impacts on work, studies, finances, driving and general enjoyment of life as well as depression and anxiety.

Many patients report a lack of empathy and good advice from primary carers at the time of diagnosis. Patients even report being told that they are imagining their problem ...



## You're not on your own

One Clear Vision is the leading international charity working for people with Degenerative Vitreous Syndrome (severe vitreous opacities): raising awareness and promoting a better understanding through fundraising, providing information and support to sufferers and collaborating with eye specialists and researchers to help achieve clear sight for everyone affected.

For more information, visit us online...  
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in front  
of  
your  
eyes?



# ... seeing beyond Degenerative Vitreous Syndrome

## Eye floaters

Vitreous opacities or floaters are deposits of various size, shape, consistency, refractive index and motility within the eye's vitreous humour, the normally transparent gel that fills the main chamber of the eye.

Vitreous floaters are in a dynamic state and can take the form of clumps, spots, clouds and strings all of which can appear more visible to the patient looking out than to their eye doctor looking in.

They are not usually physically harmful by themselves however, they can be a symptom of a more serious problem. Patients with new onset flashes and/or floaters, especially when associated with visual loss or restriction in the visual field, should seek more urgent ophthalmologic evaluation ...

## Causes

The development of vitreous opacities is typically a side-effect of the degeneration of the vitreous. As it collapses and shrinks, the vitreous may pull away from the back of the eye, allowing the collagen fibrils within it to condense into clumps and knots.

Vitreous degeneration is usually associated with normal aging, however it can happen at a younger age as a result of eye injury, eye surgery and connective tissue disorders.

Floater in children and teens may be attributed to debris of embryonic origin remaining in the eye.

Floater and are also believed to be more common in nearsighted eyes ...

## Treatment

Unfortunately there is currently no safe, reliable way of treating vitreous floaters, nor any current research into finding a cure. The options that are available carry significant risks and have variable results.

It is usually advisable to wait at least a year to determine whether the floaters may become less prominent naturally. If they do not, then one may consider laser vitreolysis or surgical vitrectomy.

However surgical or laser treatment of floaters is not considered a standard management strategy for reducing floaters and is only recommended by a handful of physicians, even then, under exceptional circumstances ...