

PROJECT ABSTRACT

**Dra. Tamar Gómez Villegas**  
*Sociedad Mexicana de Oftalmología*  
Ciudad De Mexico, Mexico

<b>Title of Project:</b>	<b><i>Provision of short patient information “capsules” regarding the main ophthalmological conditions in México on the website of Mexican Society of Ophthalmology</i></b>
<p><b>Purpose:</b> Currently, many patients consult the Mexican Society of Ophthalmology website seeking information about eye conditions and there is no information available. Providing educational capsules and useful ophthalmological information elaborated by Mexican experts in the field will give our patients practical and reliable information that is specific to Mexico. The goal of this project is to contribute to the education of our patients through the website of the Mexican Society of Ophthalmology. In addition, we expect it will have a positive impact on the prevention of blindness and visual health of the Mexican population</p> <p><b>Methods:</b> 1st Stage:</p> <ul style="list-style-type: none"><li>• I presented the project in a meeting with the current president of Mexican Society of Ophthalmology to discuss it.</li><li>• 32 capsules</li><li>• Carried out by different subspecialty groups</li><li>• Same format</li><li>• May include unpublished text, images, algorithms, schemes</li><li>• Clear language for patient</li><li>• Not to promote people, institutions or companies</li></ul> <p>After this reunion we decided to launch only 20 capsules and I sent to each president of each subspecialty group the requirements for the capsules and the objectives of this project.</p> <p>2nd Stage:</p> <ul style="list-style-type: none"><li>• Each president of every subspecialty group delegated to some recognized members (didactic committed people) the production of the capsules.</li><li>• During the pandemic our project was interrupted because the Mexican Society of Ophthalmology had other priorities.</li><li>• At this time, the convenience of the project was questioned by the Mexican Society of Ophthalmology since its statutes do not contemplate general public education as part of its functions.</li><li>• Despite the foregoing, we continued working with the high subspecialty groups and finally I received the capsules.</li><li>• One month ago, I received from the current president of the Mexican Society of Ophthalmology the authorization to continue working.</li></ul>	

- Our material will be presented in the next council meeting of the board of The Mexican Society of Ophthalmology, on September 14, 2021.

3rd Stage:

After this last approval, trained personnel of The Mexican Society of Ophthalmology will upload the material on the website.

4th Stage:

Each January: Review and update of the material in charge of each of the high-specialty president on duty

**Results:** One month ago, I received from the current president of the Mexican Society of Ophthalmology the authorization to continue working.

Our material will be presented in the next council meeting of the board of The Mexican Society of Ophthalmology, on September 14, 2021.

After this last approval, trained personnel of The Mexican Society of Ophthalmology will upload the material on the website.

Each January: Review and update of the material in charge of each of the high-specialty president on duty

**Conclusions:** This Project will represent the beginning of a new mission for the Mexican Society of Ophthalmology: patient education, something crucial for our practice as much as for the benefit of public health.

From this Project, other initiatives have arisen to contribute to the visual health of the Mexican population.

This Project has also allowed me to overcome previous technical barriers and to develop ways to convince authorities and many other groups of interest. In the end this Project will be achieved thanks to the contribution of not only of council board of The Mexican Society of Ophthalmology, but also to the work of each group of subspecialty in charge.

These capsules will be updated and perfected annually and can be modified according to needs.

A sample of the capsules is attached below.

# CÁPSULAS INFORMATIVAS



**C** PARA INFORMACION ADICIONAL O ACLARAR DUDAS DEBE CONSULTAR A SU MEDICO  
OFTALMOLOGO DE CONFIANZA

Orbita, Párpados y Vías Lagrimales

---

---

---

## ALTERACIONES PALPEBRALES

Las más frecuentes son: ptosis, entropión y ectropión.

La **ptosis palpebral** es la caída de los párpados. Las dos principales son: **ptosis congénita** (en niños) presente desde el nacimiento y se debe a una falla en el desarrollo del músculo elevador del párpado; puede ser en uno o ambos párpados (figura 1).



Figura 1. Paciente con ptosis congénita derecha.

Cuando la caída del párpado invade la totalidad de la pupila: **ptosis severa** (figura 2 a) causa disminución en el desarrollo de la visión del ojo, generando ambliopía “ojo flojo”. El tratamiento es quirúrgico para evitar alteraciones en la visión (figura 2 b)



Figura 2 a. Ptosis derecha que invade parcialmente la pupila.

Figura 2 b. Ptosis corregida quirúrgicamente, libera la pupila.

La **ptosis senil** inducida por el envejecimiento, el músculo elevador es normal pero se hace laxo o se despega de su sitio. Se observa en gente mayor y generalmente es bilateral. El tratamiento es quirúrgico (figura 3).



Figura 3. Ptosis bilateral asimétrica, en una paciente adulta.

El **entropión**, es la inversión del margen palpebral y pestañas, haciendo que estén en contacto con el ojo (figura 4).

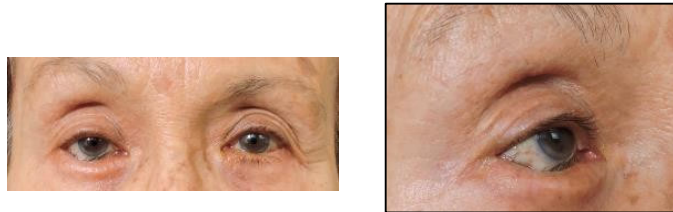


Figura 4. Inversión palpebral y pestañas, que están en contacto con el ojo

Causa sensación de cuerpo extraño, secreción e irritación de la conjuntiva y córnea. Existen diferentes tipos: congénito, senil, espástico y cicatrizal en la conjuntiva. El **senil** ocasionado por laxitud de los tejidos del párpado y desinserción de los músculos retractores. El tratamiento es quirúrgico (figura 5).



Figura 5. Entropión derecho, corregido quirúrgicamente.

En el **ectropión** el margen palpebral gira hacia afuera y se aleja del globo ocular (figura 6).

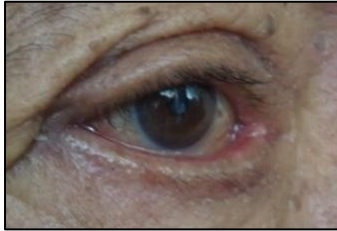


Figura 6. Ectropión senil del párpado inferior derecho.

Hay diferentes tipos: congénito, senil, cicatrizal, mecánico y parálitico. El **senil**, causado por laxitud de los tejidos palpebrales. El **cicatrizal**, causado por daño solar (figura 7). Causa lagrimeo, irritación ocular, sensación de cuerpo extraño, margen palpebral rojo e inflamado. El tratamiento es quirúrgico corrigiendo la causa.



Figura 7. Ectropión cicatrizal por daño solar.

Bibliografía:

Salcedo, CG: Ptosis palpebral, Diagnóstico y Tratamiento. Ed 1era 1995

Jeffrey, A Nerad: Cirugía Oculoplástica. Requisitos en oftalmología. Ed 2ª 2002