



For Your Health

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OPHTHALMODYNIA PERIODICA

Ophthalmodynia is a very long medical term for painful episodes around the eyes. Sometimes excruciating, they are frequently described by patients as feeling like a dagger going in and out of their eyes. Usually there is one single stab, but occasionally several pains are reported. They leave as quickly as they come.

These pains are different from tension headaches and eyestrain due to poor vision. Likewise, migraine and other forms of headache have a very different pattern and history.

A careful eye history and examination are necessary to rule out an localized disease that may account for pain around the eyes. In true OPTHALMODYNIA PERIODICA, the eye exam is perfectly normal.

Some interesting theories have been proposed for this entity, however, none is yet to be proven. These pains may come and go, and since no harm comes from them, no treatment is necessary.

