



For Your Health

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Pinguecula

A PINGUECULA is a small yellowish lump on the surface of the white part of the eye (sclera), which appears at 3 and 9 o'clock if the eye is seen as a clock. A pinguecula is a benign degeneration that often is present in both eyes.

These small, fleshy elevations are usually caused by dryness and exposure to the environment. Although they occur more frequently in climates that are warm, dusty and dry, they are by no means rare anywhere in the United States. Farmers, foresters and outside workers are most prone to this condition.

Symptoms are slight but may include burning or stinging of the eyes. Occasionally a pinguecula may become red, irritated and inflamed.

Treatment with appropriate drops will clear this redness in just a few days. Surgery is virtually never indicated. If removed, pingueculae most always return and symptoms persist despite removal.



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