

Strabismus 8-12s

The proper name is...

Strabismus

But it's often called...

Squint or cross eyes

Intro

If you have a squint, it makes one of your eyes turn in, out or up while your other eye looks straight. It can give you problems with your vision.

How does the world look to me?

Because you are not using both of your eyes together, you might find it difficult to see clearly or you might have double vision, where you look at one thing and see two of them. If the squint started when you were a baby or a small child, you might not realise you are not seeing properly.



How do I look to the world?

Some squints look obvious to other people. If you have a small squint, people might not notice it.

Why did I get it?

It is not always clear why you get a squint. It could be because your mother or father had one when they were young. The need for glasses might cause a squint and anything that gives you poor vision in one eye can lead to a squint.

How can the doctor tell?

A person called an orthoptist (pronounced *or-thop-tist*) can use different tests to find out if you have a squint. The orthoptist will ask you to look at a light to see if the reflection of the light is in the same place in both eyes. They will cover each of your eyes in turn and see if one eye has to straighten up to see things.

Getting it sorted

Some squints do not need treatment. Sometimes a squint will be treated with glasses, eye patches or eye drops. A few children need an operation. During the operation, an ophthalmologist (an eye doctor who carries out operations) will make changes to your eye muscles to correct the position of the eye.

When there's a problem

Sometimes if you have a squint, you will feel embarrassed and might be teased by other children. If this is upsetting you, try talking to someone older as they might be able to help.

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Monday to Friday 09.00 to 16.30 for further information and advice.