The main disease process in uveitis is inflammation. The most common treatment for this is steroids which can be in the form of eye drops, ointment or tablets, depending on your condition. While steroids are an effective way of controlling uveitis and preventing vision loss, it can have severe side effects especially with long-term use.

You and your doctor will consider a treatment plan that will balance the risks of treatment with the benefits and manage your condition effectively.

How successful is treatment of uveitis?

The outcome varies considerably, depending on the type of uveitis. Technically, uveitis cannot be ‘cured’. Instead, treatment suppresses the inflammation until the disease becomes inactive. It is not possible to know how long the disease will last as it can sometimes recur. If complications such as glaucoma, cataracts and growth of abnormal new vessels occur, they also will require treatment. Complications can also lead to vision loss, hence treatment of these complications is vital alongside treatment of the uveitis itself.

Getting to NUH Medical Centre

By MRT

1. Alight at the Kent Ridge MRT station (Circle Line).
   Look for Exit C.

2. You are now at Level 1 of the NUH Medical Centre.
   Use lifts at Lift Lobby B to get to the clinic levels.

By Taxi or Car

1. The NUH Medical Centre is accessible via Lower Kent Ridge Road.

2. Alight at the NUH Medical Centre entrance.
   Parking is available at Levels 5, 6, 7 and 7A.

3. Take lifts from Lift Lobby B/C/D to the clinic levels.

Contact Us

17c - Eye Surgery Centre
NUH Medical Centre, Level 17

Tel/Appointment: 6772 2002/6772 2414/6776 2015
Fax: 6734 3965
Email: eye_surgery@nuhs.edu.sg
Website: www.nuh.com.sg/eye
Opening Hours: 8.30am - 6.00pm (Mondays - Fridays)
8.30am - 12.30pm (Saturdays)

Getting to NUH Medical Centre

Ocular Inflammation (Uveitis)
17c - Eye Surgery Centre

Caring for your EYES

National University Hospital
5 Lower Kent Ridge Road
Singapore 119074
Tel: (65) 6779 5555 Fax: (65) 6779 5678
Website: www.nuh.com.sg
Business Registration No. 198500843R

Information provided is not exhaustive and is correct at time of printing (May 15) and subject to revision without notice.
The eye is structured in three main layers. Moving from the outside in, the first layer is the sclera, the eye's tough outer coat. The innermost layer is the delicate retina that senses light. Between these layers is the uvea.

The uvea consists of several components:
1. The iris. This acts as a shutter, expanding and contracting to control the amount of light entering the eye.
2. The ciliary body. This supports the muscles that allow the lens to change shape, focusing light onto the retina.
3. The choroid. This is rich in blood vessels that supply the eye with oxygen and nutrients.

Uveitis is the inflammation of the uvea. It can be a difficult disease to treat for several reasons. Firstly, treatment can be very different depending on which part of the uvea is affected. Furthermore, uveitis often affects other parts of the eye presenting multiple symptoms that can complicate diagnosis. There are also a large number of medical conditions where uveitis presents itself as a symptom. In some situations, the cause can be unknown.

How does uveitis affect my vision?
You may find:
- You are sensitive to light
- Your vision is blurry
- You experience pain in the eye
- Your eye is red
- You have floaters or shapes that drift across your vision

What are the causes of uveitis?
There are a large number of possible causes of uveitis. It may result from:
- Infections. These can include bacterial infections, viral infections (e.g. herpes), fungal infections (e.g. histoplasmosis) or a parasitic infection such as toxoplasmosis.
- An immune-related disease that may or may not involve other systemic diseases.
- Severe injury to the affected eye or to the other eye in the past.

In some cases, the cause of uveitis is unknown.

Types of uveitis
Because the uvea is made of different components, the type of disease you are diagnosed with depends on where the inflammation is situated. There are three kinds of uveitis:
- Anterior uveitis affects the iris or the ciliary body. This can be either acute or chronic. Acute uveitis can last a few weeks, whilst chronic uveitis is a long-term disease that can last between three months to several years.
- Intermediate uveitis affects the middle part of the eye.
- Posterior uveitis where the retina or choroid is inflamed. This is usually chronic.

How will my doctor know if I have uveitis?
If you suspect you have uveitis, your ophthalmologist will examine your eye carefully to determine the type of uveitis you have and whether you have any other underlying conditions. They will instil drops in your eye to dilate the pupil so it can be examined closely using different optical instruments. The eye drops will cause temporary blurring of vision, making reading and driving difficult. Because of this, you are advised to avoid driving on the day of your eye examination.

How can it be treated?
The aim of treatment is:
- To relieve pain and discomfort.
- To prevent vision loss from the disease and its complications. These are usually glaucoma, scar ring of the retina, chronic inflammation, macular oedema (‘water logging’ of the retina) and cataract.
- To treat the underlying cause of disease where possible.

Because uveitis is associated with a variety of medical conditions and has many causes, you may have to undergo a variety of tests. These can include blood tests, mantoux tests to check if you have tuberculosis and X-rays of your back, chest or spine. These can take time but it is very important to arrive at the correct diagnosis to plan the best treatment.