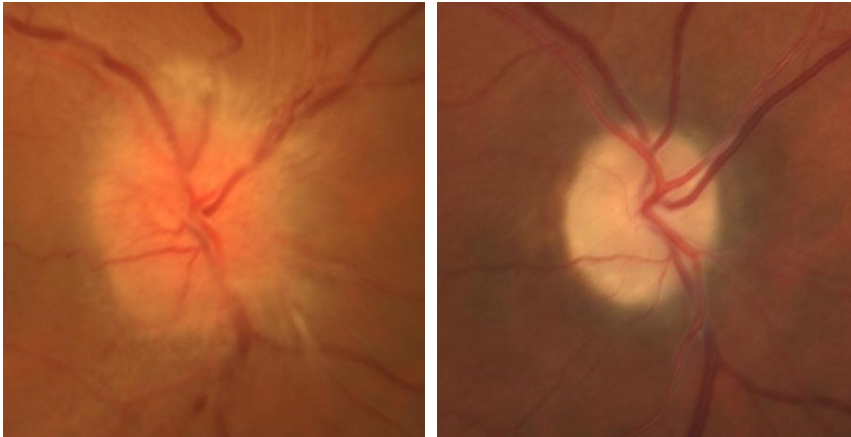




Quick Facts About Non-Arteritic Anterior Ischemic Optic Neuropathy

What Is Non-Arteritic Anterior Ischemic Optic Neuropathy?



Left: Optic disc swelling in right eye from NAION

Right: Optic disc atrophy of the same eye 3 months later

- Non-arteritic anterior ischemic optic neuropathy (NAION) is a condition caused by reduced blood flow to the front part of the optic nerve called the optic disc.
- NAION causes painless vision loss and swelling of the optic disc.
- The optic disc swelling goes away spontaneously in 1-2 months and the optic disc will appear pale as opposed to the normal orange color. This is called optic disc atrophy.

What Happens In NAION?

- NAION causes sudden vision loss in one eye, but in some cases both eyes can be affected simultaneously.
- The damage to the optic nerve in NAION is irreversible.
- The risk for vision loss in the second eye is approximately 15% over 5 years.
- NAION usually affects patients over 50 years of age, but can occur in younger individuals with small crowded optic discs.
- Patients with vascular risk factors such as diabetes, high blood pressure, high cholesterol, sleep apnea and smoking are more prone to get NAION.

What Should I Do About NAION?

- There is no proven treatment for NAION.
- There is no specific diagnostic test to confirm NAION.
- Your neuro-ophthalmologist may order some investigations, such as blood tests and images (MRI or CT) to rule out other causes of vision loss.
- It is important to control vascular risk factors to prevent NAION in the good eye.
- Low dose Aspirin has been used to prevent the involvement of the second eye, but the medical literature evidence for this is not strong.

<https://www.nanosweb.org/naion>

