

Pseudoexfoliation Syndrome PXF (or Exfoliation Syndrome)

What is it?

In PXF, flaky white material clogs the trabecular meshwork, which is the gutter that drains fluid away from the eye. Because this prevents fluid from draining properly, there is a build up of pressure inside the eye, sometimes to very high levels.

Who gets it?

With most glaucoma, no cause can be identified. However, of the few types of glaucoma in which a cause can be identified, PXF is the most common cause. It is estimated that PXF accounts for about 25% of all glaucoma, or about 16 million affected people world-wide. PXF is found in every race and ethnic group in the world, but is more common in people of Scandinavian descent.

How does it affect my eye?

1. **Glaucoma:** About 25% of people with PXF have elevated pressures or glaucoma. However, not everyone with PXF will go on to develop glaucoma. PXF can often be detected before glaucoma develops. Sometimes both eyes are not affected to the same degree. Glaucoma resulting from PXF usually is more severe, with pressures being higher, than many other types of glaucoma. So it is especially crucial that people with PXF be monitored closely and regularly by a professional so that glaucoma can be picked up at the earliest stage if it develops.
2. **Cataract Surgery:** Eyes with PXF are brittle which makes the chances of complications greater than eyes without PXF. Your doctor will endeavour to minimise these risks.

Are there special treatment considerations for PXF?

1. **Eye drops:** your doctor will decide the drop that will best suit you.
2. **Laser treatment:** A special type of laser treatment (argon laser trabeculoplasty) is often very successful in patients with PXF. Sometimes laser treatment is used in combination with other treatments.