

East Sussex
Vision Support

Retinitis Pigmentosa

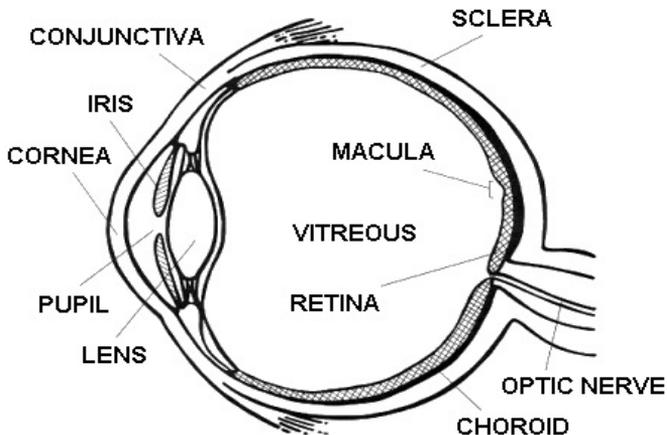


Supporting people who are
blind or partially sighted throughout
East Sussex, Brighton and Hove.



RETINITIS PIGMENTOSA EXPLAINED

Retinitis Pigmentosa is the name given to a group of diseases which affect the light sensitive cells of the retina. The cells on the outer edges of the retina are most usually affected, the ones used for peripheral vision and for seeing in the dark. The condition is progressive, but the rate of deterioration is very variable.



Symptoms will include:

- Night blindness
- Loss of side (peripheral) vision
- Difficulty seeing in dim light
- Difficulty adjusting to changes in light levels
- Glare in bright light



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MORE DETAIL

The loss of side vision may progress until only a small central area of sight remains. This is sometimes called tunnel vision.

Tunnel Vision may make a person appear clumsy, bumping into and knocking over objects that are outside the restricted field of vision, while the person can usually see things directly in front of them.

Retinitis Pigmentosa is an inherited condition. Anyone with RP should see an eye specialist and supply a detailed history of other affected family members to help the specialist decide which type of RP is present.

There is no treatment at present to either arrest or slow the deterioration. Advances have been made, however, in identifying the genes responsible for different types of RP.

Living with Retinitis Pigmentosa:

- Compensate for tunnel vision by scanning.
- Allow time to adjust to different light levels.
- Sunglasses or a hat with a brim may help.
- Consider using a cane in dim light.

CONTACT

For information on research in RP, support or advice:

Retina UK
Wharf House
Stratford Road
Buckingham
MK18 1TD

T: 0300 111 4000

W: retinauk.org.uk

For further information on lighting, equipment, or training available to you:

East Sussex Vision Support
13 Vicarage Field
Hailsham
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BN27 1BD

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