

Radio Production Guide

Ptosis

1. Fact Sheet

What is ptosis?

- Ptosis (pronounced "toe-sis"), or droopy upper eyelids or eyebrows, is caused by weakness of the muscle responsible for raising the eyelid, damage to the nerves that control those muscles, or looseness of the skin of the upper eyelids
- Ptosis in infants and children is often due to a problem with the muscle that raises the eyelid
- Ptosis may also occur due to other conditions, including trauma at birth (such as from the use of forceps), eye movement disorders, brain and nervous system problems, eyelid tumors or growths

([Kellogg Eye Center](#), [Mount Sinai](#))

Types of ptosis

- Unilateral ptosis is when one eyelid droops
- Bilateral ptosis is when both eyelids droop
- [Congenital ptosis](#) is when eyelid drooping occurs at birth or within the first year.
 - The most common cause of congenital ptosis is the levator muscle not developing properly
 - Children who have ptosis may also develop **amblyopia**, commonly known as [lazy eye](#). This disorder can also delay or limit their vision.
- Acquired ptosis includes types of ptosis that can develop throughout a lifetime. Learn more about these types [here](#).

([Healthline](#), [NYU Langone Health](#))

Symptoms of ptosis

- Droopy upper eyelids or eyebrows
- Decreased superior visual field or need to lift the eyelids or eyebrows to see better

- A child with congenital ptosis may tilt his/her head backward in order to see better.

If you notice that your child seems to have a droopy eyelid, take them to the doctor right away to be treated and monitored.

[\(Kellogg Eye Center\)](#)

What you can do!

The **treatment** for droopy eyelid depends on the specific cause and the severity of the ptosis:

- Children with mild ptosis should have regular eye exams to prevent the onset of lazy eye (amblyopia)
- For children with more severe ptosis, doctors may recommend surgery. After any type of surgery for ptosis, your doctor may suggest limiting your activities for up to a week while the eye heals.
- The ptosis crutch is a nonsurgical option that involves adding an attachment to the frames of your glasses. This attachment, or crutch, prevents drooping by holding the eyelid in place. This treatment is often most effective when the droopy eyelid is only temporary.

[\(Healthline, NYU Langone Health\)](#)

Failure to treat ptosis can result in lazy eye (amblyopia) and a lifetime of poor vision. All children with ptosis, even mild cases, should visit their eye doctor every year. The eyes change shape as they grow, and sometimes vision problems can develop if the ptosis worsens.

[\(All About Vision\)](#)

While there's no way to prevent droopy eyelid, knowing the symptoms and getting a regular eye exam can help you fight the disorder. Since ptosis can affect your vision, you should take it seriously. You may be able to stop it from getting worse by seeing a doctor right away.

[\(Healthline\)](#)

Resources

- [What causes congenital ptosis?](#)
- [What are the symptoms of congenital ptosis?](#)
- [What happens if a child with ptosis is not treated?](#)

2. Mini Radio Guide and Formats

Preparing for the show

Different ways to talk about ptosis

- Ways to identify signs and symptoms of ptosis
- Causes and types of ptosis
- How to treat ptosis
- Myths and traditional remedies

Choose an angle

-----> Ways to encourage prevention and treatment of ptosis

Different ways to talk about encouraging prevention and treatment of ptosis

- What are the early signs and symptoms of ptosis?
- What to do when you or someone you know is experiencing symptoms
- Where do you go for examines and treatment?
- What happens when ptosis goes untreated?

FORMATS

Interview

Interviews aim: To ask the interviewee/s questions and have a discussion around the show topic. Keep an eye on the time! Try to keep interviews to about 6 minutes.

Who do you talk to: An eye doctor or doctor from a local clinic

Suggested questions for your interview with someone who knows about ptosis and eye health (local eye doctor, clinic doctor or nurse):

- ★ What is ptosis?
- ★ What is congenital ptosis?
- ★ What are the symptoms of ptosis?
- ★ What are signs of ptosis in babies and children that adults can look out for?
- ★ What are the consequences of babies and children not being treated for ptosis?
- ★ What are the procedures to treat ptosis in babies and children?
- ★ What are the procedures to treat ptosis in adults?

Please see interview questions in “How to present your show”

PSA

The aim of a PSA: To create a public awareness message. Keep your PSA short and sweet! Allot about 30 seconds and do not exceed 45 seconds for a PSA.

Voice 1: Ms. Phiri, what a pleasant surprise to see you out of school! How is my daughter doing in class? She’s learning well, I hope?

Voice 2: She’s certainly very smart, that one. But I have noticed she has difficulty seeing the board. She tilts her head back often to see.

Voice 1: Oh my... yes, she was born with a bit of a droopy eyelid, but I didn’t know it was affecting her like that. I’ll be sure to bring her to the eye doctor for a check up.

Thank you for letting me know!

Character: If you notice your child or baby with ptosis, also known as a droopy eyelid, bring them to an eye doctor for an eye exam. There are many reasons ptosis is caused. The sooner an eye doctor can determine the cause and treat the ptosis, the better for your child’s vision now and in the future.