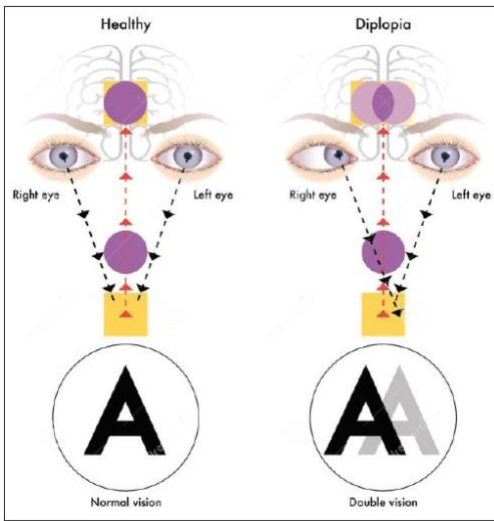


# Divergence Insufficiency

*also known as:*

## Age-related Distance Esotropia



### What is Divergence Insufficiency?

Divergence insufficiency (DI) is an acquired inability of the two eyes to properly and fully diverge or move apart. This is usually problematic while looking in the distance, while driving or watching TV for example.

### Common Symptoms

Individuals with DI usually have either constant esotropia (eye crossing) or intermittent esotropia which means one eye is looking at an object while the other eye is abnormally turned inward. Patients with DI notice double vision (diplopia) when looking in the distance.

The brain has a natural, subconscious ability to make small adjustments in eye position to keep the eyes pointed in the same direction eliminating double vision before we are even aware of it.

However, in individuals with divergence insufficiency, the ability to do so is reduced, resulting in intermittent symptoms of blurred or double vision.

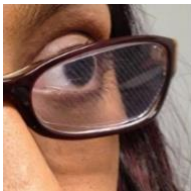
Double vision occurs looking far away but may also occur when looking to the right or left. If that happens, patients can close one eye to eliminate the second image or turn their head instead of moving the eyes all the way to the side. One may note headaches or eye fatigue that comes and goes with distance fixation.

### Causes and Prognosis

The etiology or cause of this disorder is unknown, but it is believed to be associated with anatomical, age-related changes in the eye socket and eye muscles. Age-related distance esotropia is an acquired esotropia that occurs in approximately 30% of adults usually older than 50 years. The onset is usually gradual and can progressively get worse with time. Affected individuals are typically neurologically normal.

### Treatment Options

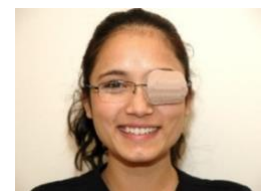
There are several treatment options including observation, orthoptic exercises, optical prisms, blurring vision in one lens, or occlusion of one eye. Surgical treatment may be considered for symptomatic patients who fail prism therapy or for those with large amounts of eye crossing.



Prism applied to lenses  
(temporary or ground-in)



Blur all or part of a lens



Patching one eye