References

1. Kaufman, A. R., & Tu, E. Y. (2022). The ocular surface, 25, 26–36.
2. Moreddu R, et al. Healthc Mater. 2019;8(15):e1900368.
3. Carnt N, et al. Br J Ophthalmol. 2018;102(10):1431-1435.
4. Petrillo F, et al. Microorganisms. 2024; 12(4):758.
5. Moreddu R, et al. Adv Healthc Mater. 2019 Aug;8(15):e1900368.
6. Shah YS, et al. Acta Ophthalmol. 2021;99(8):916-921.
7. Somani SN, et al. StatPearls Publishing; 2025 Jan-.
8. Robaei D, et al. Ophthalmology. 2014;121(7):1383-1388.
9. Papa V, et al. Br J Ophthalmol. 2020;104(4):575-581.
10. Dart JKG, et al. Ophthalmology. 2024 Mar;131(3):277-287.
11. Yuheng Zhang, et al, Journal of Infection and Public Health. 2023;16 (6):841-852.
12. Aiello F, et al. Ophthalmology. 2025;132(2):206-218.

Website

Scan the QR code to visit our website and access vital resources!

Support Groups

No AK warrior should face this alone – join one of our support groups!

Contact lenses and water don't mix

CL + H_2O = AK

Contact Lenses + Water = Acanthamoeba Keratitis

FOR MORE TIPS ON CL SCAN HERE!

This flyer was developed with valuable input and support from:
Prof. John K. G. Dart (NIHR Moorfields BRC).
Prof. Christopher A. Rice (Purdue University).
Juliette Vila Sinclair-Spence (AKEF) and
Sabine Widmer (AKEF).

Version: 09/2025

DID YOU KNOW?

Top 10 Facts About Acanthamoeba Keratitis (AK)

A sight-threatening condition that demands attention!

Acanthamoeba Keratitis (AK) Eye Foundation
YOUR EYES MATTER
www.akeyefoundation.com

#1 RISK OF VISION OR EYE LOSS IN PATIENTS[1,2]

- **48%** of **AK cases** result in **poor visual outcomes.**[3]
- **More aggressive** AK **strains** are **emerging**, **worsening prognosis**.[1]
- In **advanced** or **misdiagnosed** cases**, eye removal** may become **necessary**.

#2 CONTACT LENS WEARERS ARE AT HIGHER RISK

- **90%** of **AK cases** are **linked** to **contact lenses (CL)**[4]
- **Users** of **any type of CL** are at **risk** (approx**. 150 million** people worldwide).[1,5,6]
- Non-CL related cases occur due to **eye trauma** or **exposure** to **contaminated water** or **dirt/soil**.

#3 HEALTH CARE PROFESSIONALS OFTEN LACK EXPERIENCE

- **80%** of **AK cases** are **misdiagnosed,** of which **48%** are **mistaken** for **herpes simplex virus (HSV)** and **treated** with **steroids**, which worsens AK disease.[7,8]
- **Average time** to **diagnosis** is **28 days**, allowing the **amoeba** to **multiply**, **penetrate deeper** and **encyst** into its **protective form**.[6]

#4 LIMITED TREATMENT OPTIONS AND HIGH COSTS

- **Lack** of **standardized treatment protocol** results often in **Trial and Error.**
- Medications are typically **not covered by insurance** and can be **difficult to access.**
- **PHMB 0.08%** is the **first approved monotherapy** in **Europe** for AK based on ODAK trial results**.** [10]

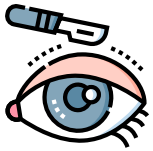
#5 EXCRUCIATING PAIN IS UNDERESTIMATED

- **Pain specialists** are crucial for managing **trigeminal nerve pain** using **nerve modulators**.
- **Patients** often experience **severe light sensitivity**, **isolating** them in dark rooms.

#6 AFFECTS BOTH PHYSICAL AND MENTAL WELLBEING

- **Extreme pain**, **sleep deprivation** and **anxiety** leave patients feeling **depressed**, trapped and **alone**.
- AK can cause **medical post traumatic stress disorder (PTSD)** due to the prolonged, uncertain treatment journey.

#7 MULTIPLE SURGERIES MAY BE REQUIRED



- **1. Eradication:** eye drops, oral medications, infusions, or surgery.
- **2. Restoration of vision**: eye drops, or procedures related to cataracts, glaucoma, iris surgery, corneal transplantation, etc.

#8 PREVENTION IS CRUCIAL

- **Proactive education** on CL hygiene and water exposure risks is vital to preventing AK.
- **"No water with contact lenses"** includes **swimming**, **showering** and **handling lenses** with **wet hands**.

#9 NEGLECTED RARE DISEASE

- Global annual incidence: **2.34 – 2.9 eyes per million** [11,12]
- **Increasing incidence** due to climate changes, flooding and **more CL wearers.**[6]

#10 ACANTHAMOEBA KERATITIS EYE FOUNDATION

- The **first global non profit organization** dedicated to AK, founded and managed by AK patients.
- Provides **support groups** in various languages and **resources** for patients, healthcare providers, CL wearers and public.