

Glaucoma Awareness Month

Glaucoma is a disease of the eye or eyes that inhibits your vision. The disease may also present as sudden vision loss with no prior symptoms. Left un-treated, glaucoma may result in permanent partial or complete loss of vision.

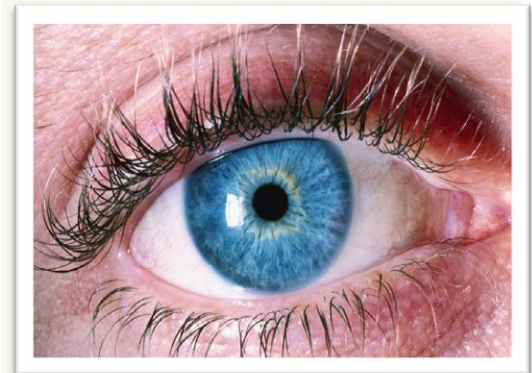
There are several types of Glaucoma. Most types are a result of poor fluid drainage within the eye, resulting in a build up of pressure. Other types of Glaucoma are the result of eye injury, inflammation, tumors, and some medications. Other causes include a damaged optic nerve and is referenced as normal-tension glaucoma (NTG). Pigmentary glaucoma, where pigments from the iris break off into the clear fluid of the eye, can also cause poor drainage and pressure. Glaucoma can be congenital, meaning the disease is present at birth. Treatment of glaucoma may include surgery and/or medication.

Risk Factors:

- Diabetes
- Nearsighted, severe
- Prolonged steroid use
- Individuals over the age of 60
 - Hispanics are at greater risk
- Family history
- African Americans
- Individuals with a thin central cornea (clear protective covering, located in front of the iris-colored part of eye.)

Did you know?

1. Glaucoma, left untreated, is a leading cause of blindness.
2. Currently there is no cure.
3. Anyone can develop glaucoma
4. Vision loss from glaucoma is permanent.



Glaucoma Research Foundation,
<http://www.glaucoma.org>

Diagnostics & Treatments

Eye Exams provide the potential for early detection of Glaucoma.

- **When do I get checked?**
 - Before age 40: ever two to four years
 - Age 40 – 54: every one to three years
 - Age 55 – 64: every one to two years
 - Age 65 and up: every six to twelve months
- **What tests will be performed?**
 - Tonometry is commonly used to test the pressure of the inner eye.
 - Ophthalmoscopy is one way the doctor can view the color, size, and shape of your optic nerve. This typically involves dilating the pupils for better viewing.
 - Other tests may be performed to confirm the diagnosis.
- **How is Glaucoma treated?**
 - Medications that help reduce eye pressure by decreasing fluid production and increase drainage.
 - Eye Surgery
 - Micro-Eye Surgery
 - Laser Eye Surgery
- It is very important to take medications as prescribed by your healthcare provider and follow up as recommended. If you feel any symptoms such as pain, or worsening of sight contact a healthcare provider as soon as possible.

<http://www.glaucoma.org>