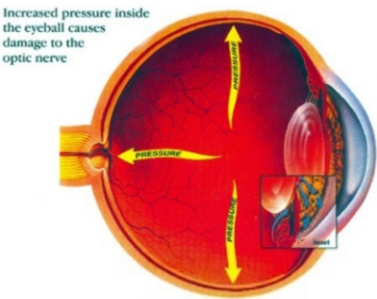


What is Glaucoma?

Glaucoma is an eye disease involving damage to the opac nerve, which sends visual signals to the brain. Pressure buildup in the eye is proven to be one of the major risk factors associated with glaucoma. This can result in a gradual loss of field of vision and if not managed, can lead to blindness. With early detecæon and æmely treatment, your vision can be preserved.

Why is IOP so important?

Your eye is filled with fluids that help maintain a certain pressure in the eye. This is called intraocular pressure (IOP). Normal IOP is about 10 to 20 mm Hg. Tonometry is a procedure in which your doctor uses a device to measure IOP. However, some people can develop glaucoma with normal eye pressure as well. Controlling IOP is the major goal of glaucoma therapy.



What are the types of glaucoma?

There are several types of glaucoma. Di erent types may require di erent forms of treatment.

Open - angle glaucoma

Open-angle glaucoma is one of the common types of glaucoma. Open-angle glaucoma produces no symptoms in the early stages, which is why it is called the "sneak thief of sight. It may go undiagnosed and untreated unel loss of vision is noæced in advanced stage.

Closed-angle glaucoma

Closed-angle glaucoma is the second most common type and can someæmes lead to symptoms such as severe pain, headache, and nausea, as well as blurred vision. Majority of paænts having this type of glaucoma also oDen experience no symptoms in the early stages making it important that rouæne comprehensive eye examinaæons should be done for all at regular intervals to detect such changes in early stages.

Low or normal tension glaucoma

Low or normal tension glaucoma occurs in people with normal eye pressure. It is important to share your medical history with your doctor to idenfy other risk factors, such as low blood pressure, that contribute to this type of glaucoma.

Secondary glaucoma

Secondary glaucoma are someæmes associated with eye injuries, advanced cataracts, certain eye tumors, eye inflammaæon, diabetes, some drugs and even eye surgery. A variety of treatments apply to this category.

Congenital glaucoma

Congenital glaucoma is a birth defect that slows the normal drainage of fluid in the eye. Children born with it may have cloudy eyes, sensiævity to light, and excessive tearing. Surgery is safe and e ecæve, and when done promptly, good vision can be maintained.

Who can develop glaucoma?

Glaucoma strikes people of every race, gender and naæonality. The following criteria increase the risk.

- Age over 40
- Family history of glaucoma
- Abnormally high IOP
- Diabetes
- Nearsightedness
- Regular, long-term use of steroids/coræsone
- Previous eye injury

It is important that anyone with any of these risk factors get regular eye checkups. Early detecæon and treatment of glaucoma can slow the progression of the disease.

What are the symptoms of glaucoma?

Glaucoma in early stages generally does not show noæceable symptoms. It is possible for a person su ering from chronic glaucoma to be completely unaware of the disease. Some common symptoms of chronic glaucoma could be:

- Inability to adjust the eyes to darkened rooms such as theaters.
- Frequent changes in near (reading) eyeglass prescripæon.
- Gradual loss of peripheral vision.
- Blurred vision.
- Headaches.
- Poor night vision.

In the case of Acute Glaucoma resulæng from rapid increase in the intraocular pressure, there could be severe symptoms like:

- Seeing rainbow colored halos around lights.
- Sever eye pain, facial pain.
- Red eye.
- Cloudy vision with halos around light.
- Nausea and vomiaæng.
- Feeling of a blind area in the eye.



Tests for glaucoma, how are they done?

1. Perimetry: Must for making diagnosis of all glaucoma paænts.This tesæs essenæal not only to assess the extent of the exisæng damage, but also to document and measure the progression of the disease and the response to treatment. This exercise takes æme and may have to be repeated at æmely intervals.
2. Tonometry: Recording of pressure is done using Goldmann Applanaæon Tonometer.

3. Gonioscopy: A lens is applied on the eye and angle is examined to see if it is open or closed type of glaucoma.
4. Other sophisæcated tests: OCT (Ocular Coherence Tomography), CCT (Pachymety), etc. may be considered in some cases.

Is glaucoma curable?

Glaucoma cannot be cured. But it can be controlled and further damage to the opac nerve can be slowed down or halted.

How is glaucoma treated?

Glaucoma can be treated e ecævely when caught early. Eye drops, pills, laser procedures, eye surgeries, or a combinaæon of these approaches may be used to treat glaucoma. The primary e ect of above menæoned treatment opæons is lowering IOP.

Your doctor will probably begin treatment with medicaæon in the form of eye drops. Laser procedure is oDen advised in Angle closure glaucoma.

If treatment with one or more medicaæons is unsuccessful, then your eye doctor may recommend surgery.

How long do I need to use my medicaæon?

Glaucoma is a chronic disease that requires paænts to use medicaæon for the rest of their lives.

How to prevent Glaucoma?

In most cases, there is no prevenæon for the development of glaucoma. If detected early, further vision loss and blindness may be prevented with treatment. It is always suggested that excessive smoking should be avoided Regular eye check up especially for the people falling under the high - risk groups is a must.

Must remember facts about Glaucoma.

- In its early stages, glaucoma has no symptoms and damage caused by glaucoma is irreversible.
- It is important that you conænuæ to take your drops every day to avoid losing your sight permanently.\* Keep your regular visits to the clinic without fail.
- Never change or stop taking your medicaæons without consulæng your doctor.
- Whenever you see any other health care professional, make sure he knows you have glaucoma.
- If you have problems with your medicine, talk to your doctor as soon as possible.
- If you have a history of glaucoma in the family, please get your relaæves examined for the same, as glaucoma is hereditary.



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# Glaucoma

## Silent Thief of Sight