



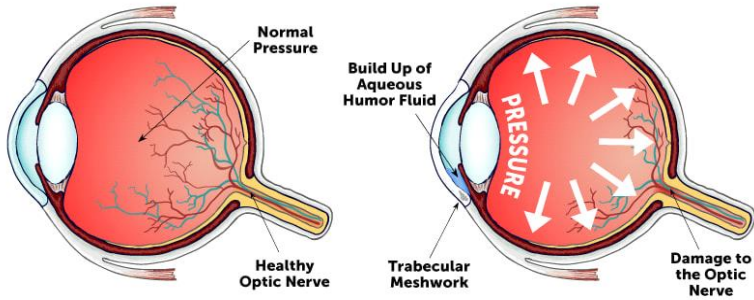
HEALTH MATTERS

• NUGGETS •

Glaucoma

HEALTHY EYE

EYE WITH GLAUCOMA



Have you heard?

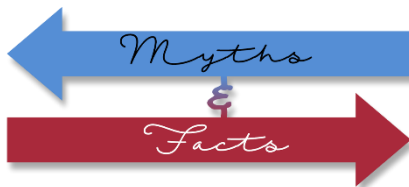
Glaucoma has no symptoms in the early stages.

Raised blood pressure can cause glaucoma.

Other risk factors are:

- Age, family history, race.
- Diabetes.
- Myopia (nearsightedness).
- High pressure inside the eye (IOP).
- Prolonged use of steroids.
- Traumatic or history of eye injury.
- Cupping disk (death of smaller nerves around the optic nerve).

Myths & Facts



Fact: Glaucoma is a common eye condition which develops when an increase in pressure of the eye leads to damage of the optic nerve.

Myth: Glaucoma only affects the elderly.

Fact: Having perfect vision does not mean that a person will not develop glaucoma.

Myth: Glaucoma is inherited and since no one in the family has glaucoma, I will not get it.

Fact: There is currently no cure for glaucoma, there are however effective medications, laser and surgeries to help slow the disease to minimise the chances of developing visual field damage that impacts the ability to function.



Food for thought

Early detection through regular eye examination or screening is the key to protecting one's vision from damage caused by glaucoma. If detected early, glaucoma can be controlled.

During eye examination, the Ophthalmologist will:

- Measure the eye pressure (tonometry).
- Inspect or examine the drainage angle.
- Examine the optic nerve for damage or abnormal changes with optical coherence tomography (OCT).
- Visual Acuity (VA) to check vision loss.



References:

Vaughan & Asbury's General Ophthalmology
17th edition, 2008.

www.brightfocus.org. National glaucoma research
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www.opthobook.com/ dd May 2024