

Glaucoma

What is glaucoma?

- Glaucoma is an eye disease that damages the eye's optic nerve.

What causes glaucoma?

- Glaucoma happens when normal fluid pressure in the eye goes up, which then causes nerve damage in the eye.

Who is at risk for glaucoma?

Anyone can get glaucoma, but there are people who have a higher chance of getting glaucoma:

- African Americans over 40 years old
- People over 60 years old
- People with a family history of having glaucoma
- People with diabetes (high blood sugar)



What are the symptoms?

- There are no early symptoms of glaucoma. As the disease gets worse, you can start to lose your peripheral vision (your side vision). If left untreated, glaucoma can lead to more vision loss and even blindness.

How is glaucoma diagnosed?

- Getting regular eye exams is important part of keeping your eyes healthy and catching glaucoma early. Your eye doctor can check for glaucoma through a number of different tests, including side vision testing and testing the fluid pressure in your eye.

What is the treatment?

Glaucoma is a chronic (life-long) condition, which means you will be on treatment for the rest of your life. You will need to have regular visits with your eye doctor so they can check for any changes in your eye pressure or side vision. Some treatments for glaucoma include:

- Eye drops or pills to help lower the pressure in the eye
- Laser or surgery

Talk with your CHN eye doctor if you have more questions!