

# AFRICAN AMERICANS

## and Eye Health: Glaucoma

African Americans are at higher risk for certain eye diseases, which usually have no warning signs. Left untreated, they can cause vision loss, even blindness. But vision loss can often be prevented.

### GLAUCOMA

Glaucoma is a group of eye diseases that can damage the optic nerve. Glaucoma affects side or peripheral vision first. African Americans are at higher risk, starting at a younger age.



#### How can you focus on your vision?

If you are 40 or older, have a comprehensive dilated eye exam every 1 to 2 years.

MORE THAN **520,000**  
AFRICAN AMERICANS  
HAVE GLAUCOMA.

MAY EXCEED  
**860,000**  
BY 2030

### HEALTHY VISION TIPS

Here are some lifestyle tips to help you focus on your vision.

**1** Get regular comprehensive dilated eye exams.

**5** Maintain a healthy weight.

**2** Know your family's eye health history.

**6** Quit smoking or never start.

**3** Eat a nutritious diet.

**7** Control your diabetes.

**4** Wear protective eyewear.

**8** Wear sunglasses when outside.

For more information about eye health, visit [www.nei.nih.gov/glaucoma](http://www.nei.nih.gov/glaucoma)