

KEEP VISION IN YOUR FUTURE



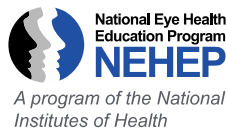
www.nei.nih.gov/glaucoma



Objectives

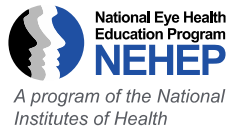
After this presentation, you will be able to explain:

- What glaucoma is
- How glaucoma affects vision
- The importance of early detection and treatment
- The exam that detects glaucoma



What is glaucoma?

- Glaucoma is a group of eye diseases that can damage the optic nerve.
- There are different forms of glaucoma.
- The most common form is primary open-angle glaucoma.

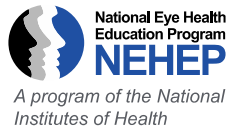


What are the effects of glaucoma?

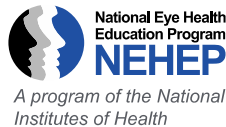
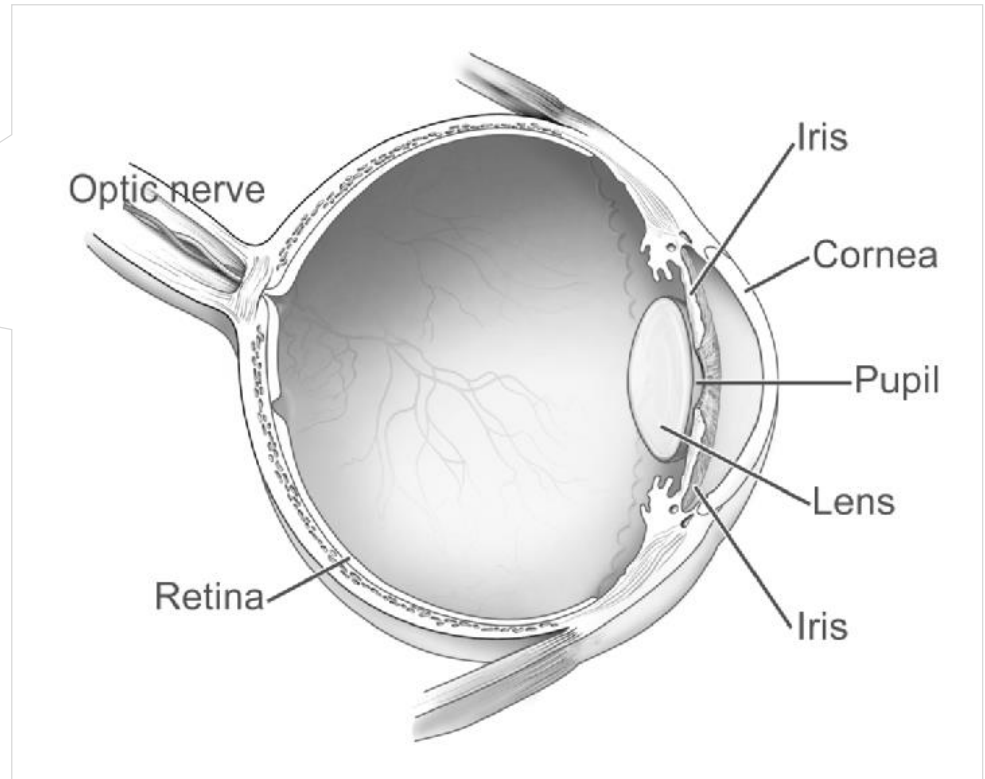
Glaucoma can:

- Reduce side vision.
- Cause permanent vision loss or blindness.
- Affect one or both eyes.

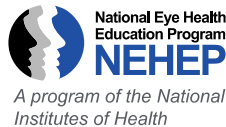
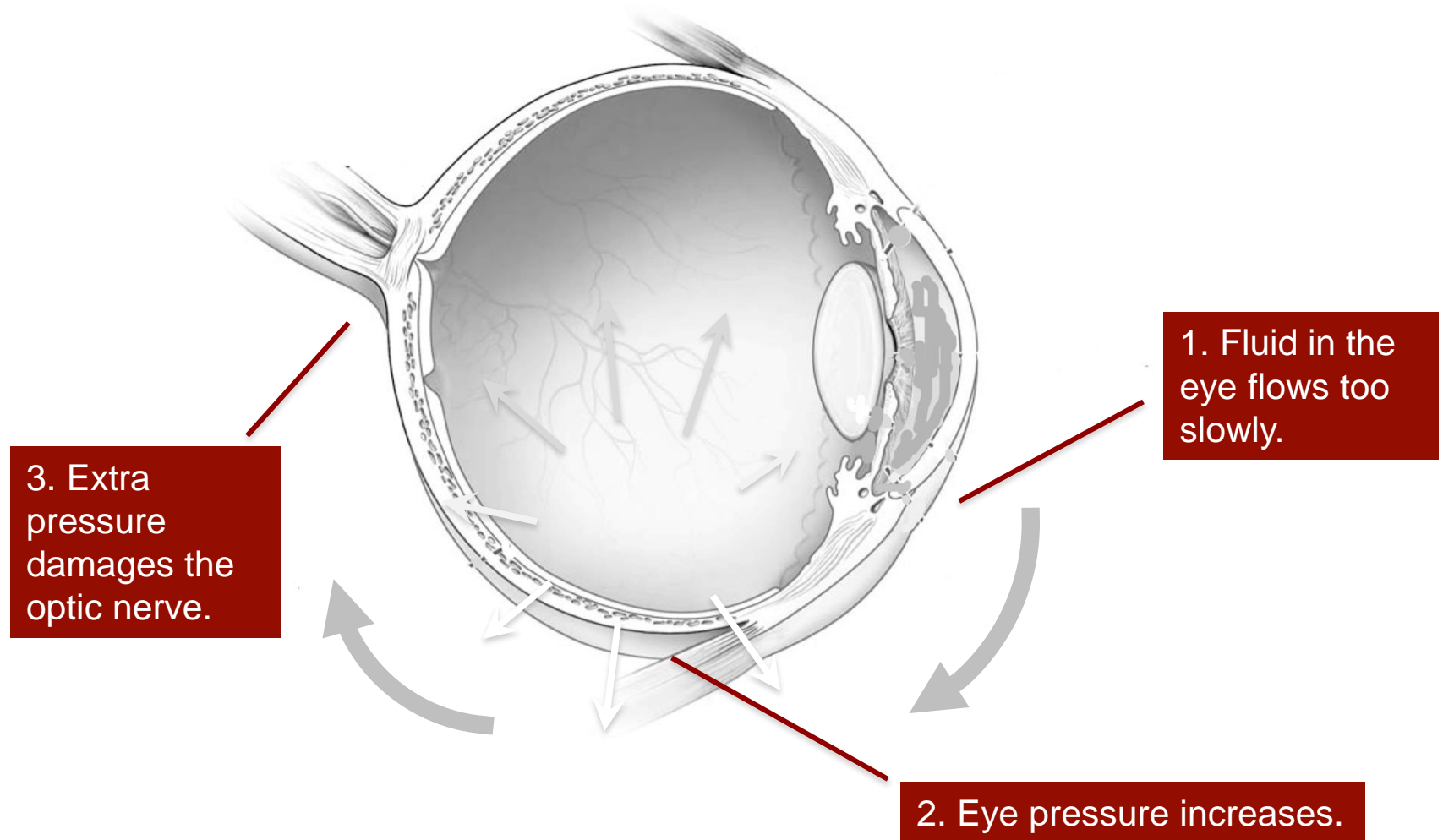
I am 60, and I take care of my eyes so I can be independent.



What causes glaucoma?



What causes glaucoma?



What causes glaucoma?

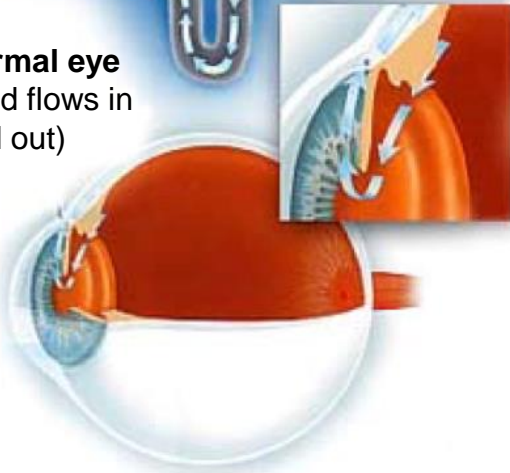
Normal sink
(water flows)



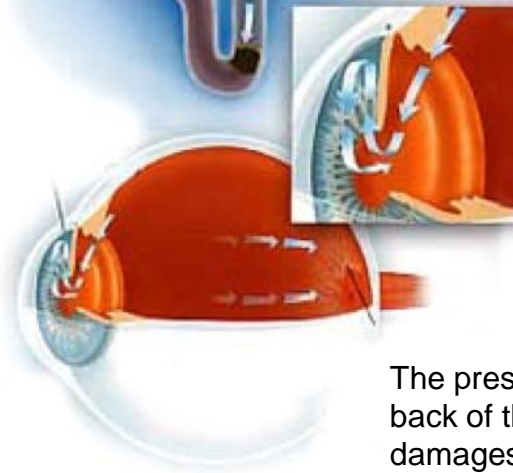
Clogged sink
(water doesn't flow)



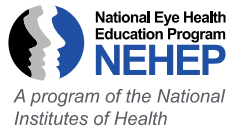
Normal eye
(fluid flows in and out)



Eye with glaucoma
(fluid does not flow, creating pressure in the eye)

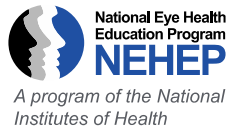


The pressure in the back of the eye damages the optic nerve.



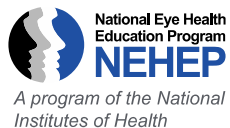
How common is glaucoma?

Almost 3 million people in the U.S. have glaucoma,
and half of them don't even know it.



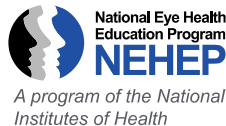
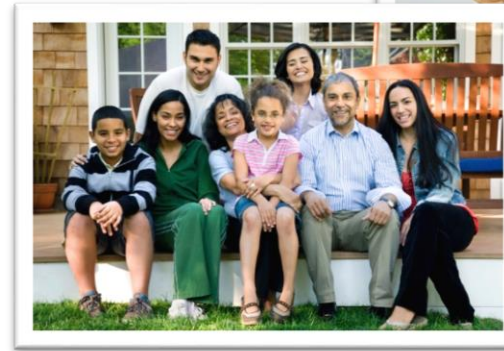
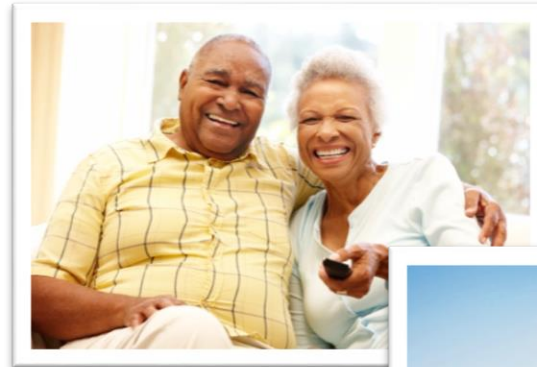
Who can get glaucoma?

Anyone can get glaucoma.



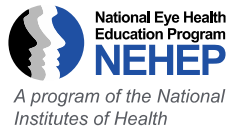
Who is at higher risk for glaucoma?

- African Americans age 40 and older
- Adults age 60 and older, especially Hispanics/Latinos
- Those with a family history of glaucoma



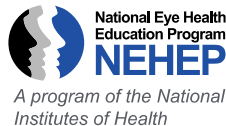
What other factors can cause glaucoma?

- Diabetes
- Hypertension
- Previous eye injury



What are the symptoms of glaucoma?

- At first, glaucoma has no symptoms.
- As the condition progresses, side vision may be lost.



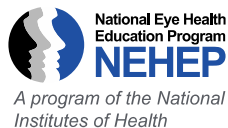
How does your vision change with advanced glaucoma?



Normal vision



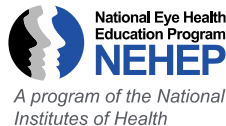
Vision with
advanced glaucoma



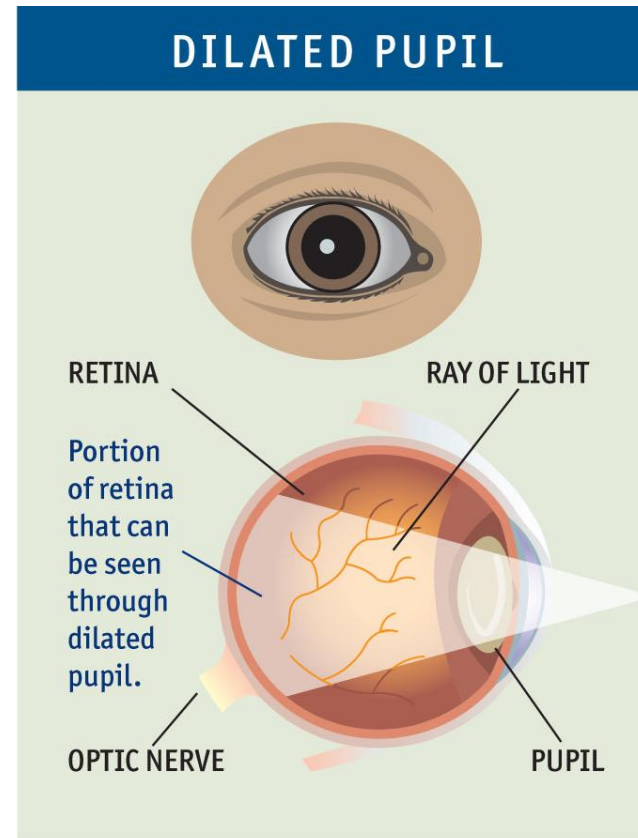
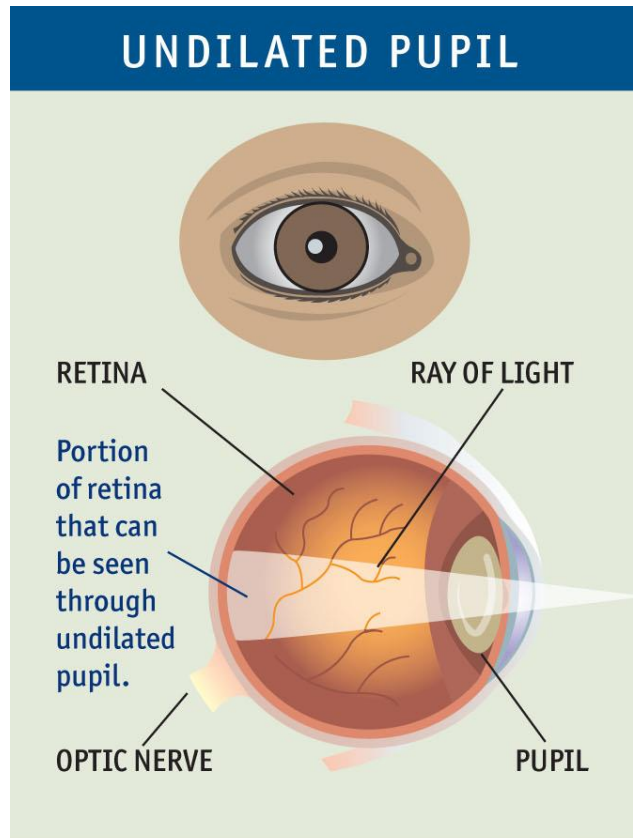
How is glaucoma detected?



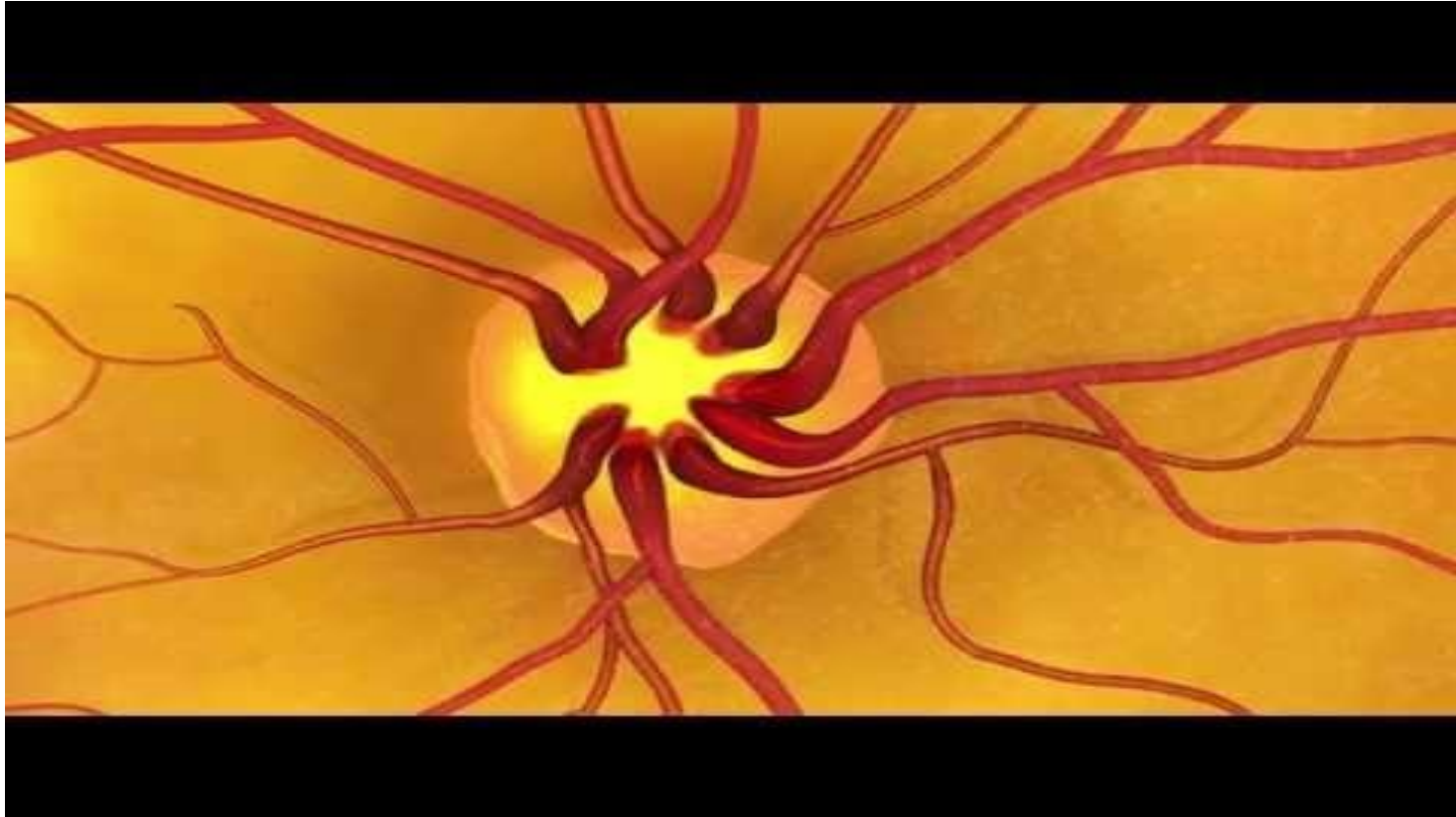
Glaucoma can be detected with a comprehensive dilated eye exam.
Screening for eye pressure is not enough.



The undilated and dilated pupil



What does glaucoma look like during a dilated eye exam?

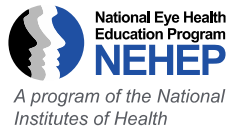
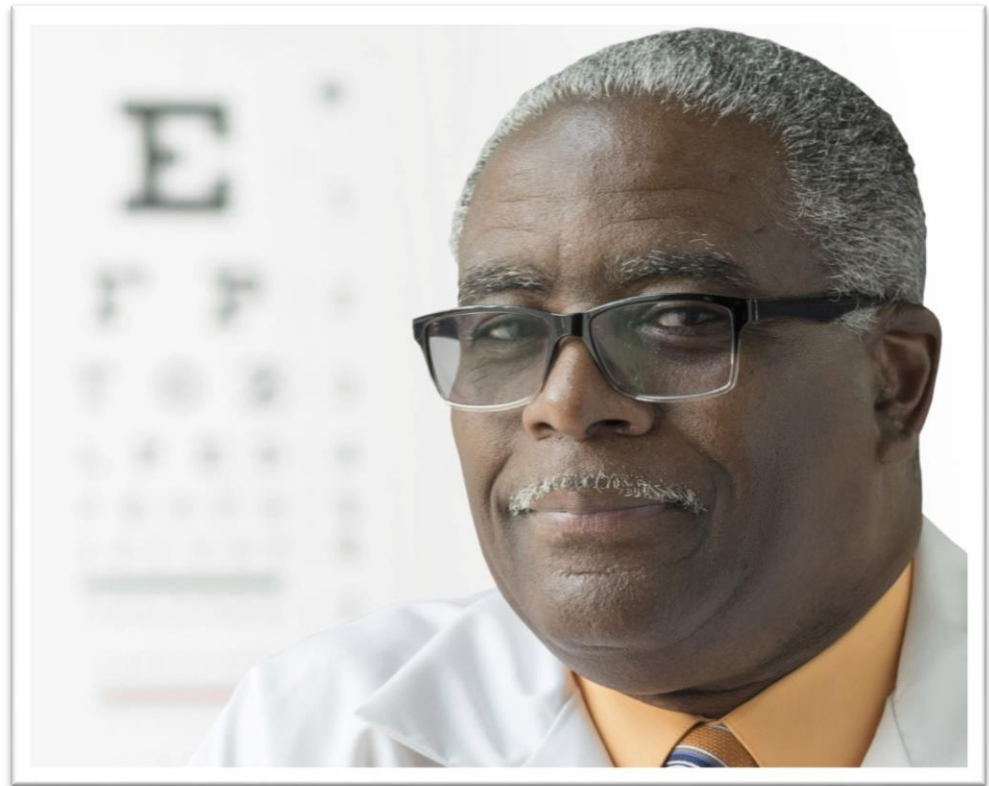


**National Eye Health
Education Program
NEHEP**
A program of the National
Institutes of Health

www.nei.nih.gov/eyeexam

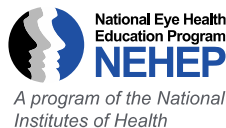
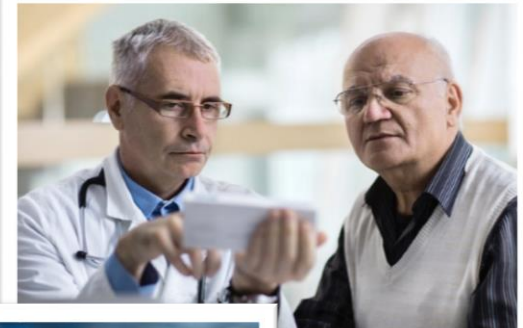
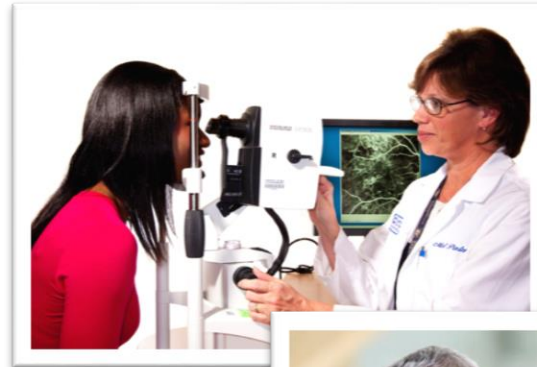
How is glaucoma treated?

- Medications
- Laser surgery
- Traditional surgery



What can you do to protect your vision?

- Visit your eye care professional for a comprehensive dilated eye exam every 1 to 2 years.
- Follow your doctor's instructions for managing diabetes and hypertension.
- Wear protective eyewear in the workplace and during sports and recreational activities.



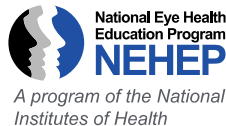
What should you remember?

- Glaucoma:
 - Often has no symptoms.
 - Can result in vision loss or blindness.
- Only an eye care professional can diagnose glaucoma.
- Vision loss from glaucoma cannot be restored.

My eye care professional told me my eye pressure is fine.

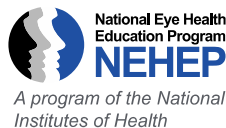


I am glad to hear that! This means you can keep coaching your son's football team!



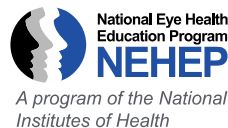
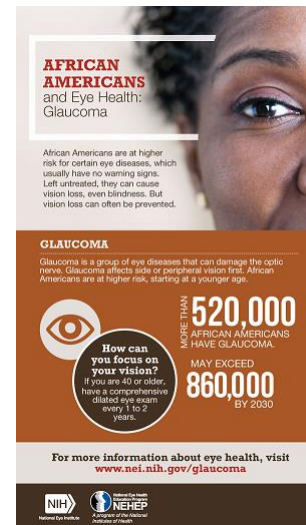
What are your next steps?

- Find out if you have a family history of glaucoma.
- Schedule your comprehensive dilated eye exam.
- Learn about the Medicare benefit that can help pay for part of an exam. Visit: www.nei.nih.gov/Medicare.

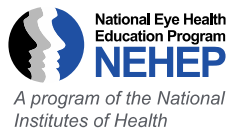


How can you help your family and friends?

- Spread the word!
- Encourage other people to visit their eye care professional.
- Tell them to ask for a comprehensive dilated eye exam.



Questions?



Where can you get more information?



National Eye Institute



National Eye Health
Education Program

NEHEP

*A program of the National
Institutes of Health*

www.nei.nih.gov/glaucoma