

Make a Resolution for Healthy Vision



National Eye Institute



A program of the National Institutes of Health



January is Glaucoma Awareness Month

Could you have **glaucoma** and not know it?

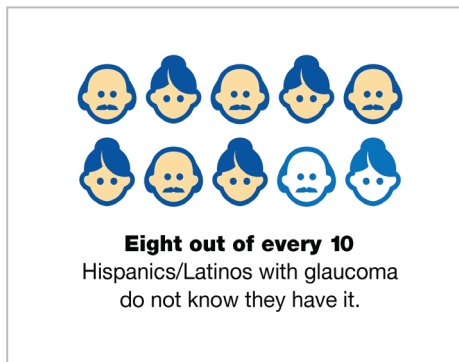
If you are Hispanic/Latino, make a New Year's resolution to find out.

Hispanics/Latinos are at higher risk for glaucoma, one of the leading causes of blindness in America. Eight out of 10 Hispanics/Latinos have the eye disease and don't even know it. Do you know where you stand with glaucoma?

Plan for a healthier 2016 by adding this sight-saving exercise to your list of resolutions: *Get a comprehensive dilated eye exam.* It's the only way to find out for sure whether you have glaucoma.

An eye disease that can rob you of your vision, glaucoma often comes with no early warning. No pain. No discomfort. No blurry vision.

Glaucoma starts with a buildup of fluid that increases the pressure in your eye and can cause damage to the optic nerve, the bundle of nerve fibers that transfers visual images to your brain. Glaucoma first affects your peripheral, or side, vision. As the disease advances, more noticeable vision loss will occur, and if not controlled, the disease can lead to permanent vision loss and blindness.



By the year 2030, the number of Hispanics/Latinos age 40 and older with glaucoma will nearly triple. Still, you can take action to protect yourself from glaucoma.

"If glaucoma is detected in its early stages, pressure can be controlled through medication or surgery, and the progression of the disease can be delayed," says Dr. Paul Sieving, director of the National Eye Institute (NEI). "Early detection by having a comprehensive dilated eye exam every one to two years is key to protecting vision, especially if you are at higher risk."

Hispanics/Latinos, especially those with a family history of glaucoma, should get a comprehensive dilated eye exam. Different from the basic eye exam for glasses, a comprehensive dilated eye exam is a procedure in which an eye care professional places drops in your eyes to widen the pupil and looks at the optic nerve for signs of the disease.

This year, make a resolution for healthier vision. Be sure your eyes are healthy and you are seeing your best in 2016. Schedule a comprehensive dilated eye exam and encourage your friends and loved ones to do the same.

To learn more about glaucoma, view this animated [video](#). For tips on finding an eye care professional and for information on financial assistance, visit www.nei.nih.gov/glaucoma or call NEI at 301-496-5248.

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