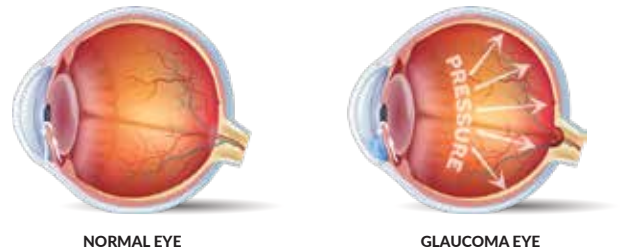


UNDERSTANDING GLAUCOMA

What is Glaucoma?

Glaucoma is a slowly progressing eye disease that leads to irreversible loss of peripheral vision. It primarily affects the optic nerve, which connects the eye to the brain. Early detection is crucial, as it can cause significant visual damage if left untreated.



Key Points About Glaucoma



Peripheral Vision Loss: Glaucoma affects peripheral vision first, sparing central vision until late stages. This means individuals may not notice it until significant damage has occurred.



Hidden Threat: Conventional vision tests often miss glaucoma because they focus on central vision. Special glaucoma screenings are essential for early detection.



No Early Symptoms: In most cases, glaucoma has no early warning signs. Up to 90% of individuals remain unaware of their condition until it's diagnosed.



Age & Risk Factors: While anyone can develop glaucoma, it's more common in older adults (60+). Family history significantly increases the risk, and the disease can progress faster in those with genetic predisposition.



Irreversible Damage: Vision loss due to glaucoma cannot be restored. Approximately 35% of patients experience significant visual impairment by the time of diagnosis.



Family Connection: Glaucoma is often hereditary. Screening family members of glaucoma patients is critical as they are at higher risk.



Regular Screening: The only way to prevent vision loss is through early detection via regular screenings, which measure eye pressure and assess the optic nerve.

Types of Glaucoma

Open-Angle Glaucoma: The most common form. The drainage angle remains open, but fluid buildup gradually increases eye pressure, damaging the optic nerve.

Angle-Closure Glaucoma: The drainage angle is blocked or narrow, leading to a sudden rise in eye pressure. This type can cause rapid vision loss and requires emergency treatment.

Secondary Glaucoma: Caused by other factors such as eye injury, inflammation, or steroid use.

Normal-Tension Glaucoma: Optic nerve damage occurs even with normal eye pressure. It requires the same care and treatment as other types.

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UNDERSTANDING GLAUCOMA

Symptoms of Glaucoma

Open-Angle Glaucoma:

- No symptoms in early stages
- Gradual appearance of blind spots in peripheral vision

Acute Angle-Closure Glaucoma (Emergency):

- Severe headache and eye pain
- Blurred vision, nausea, vomiting
- Halos around lights

Normal-Tension Glaucoma:

- Blurred vision and gradual loss of peripheral vision

Glaucoma in Children:

- Cloudy eyes, increased blinking, and near-sightedness

Diagnostic & Treatment Process

Screening: Involves checking intraocular pressure, optic nerve assessment, and sometimes, a visual field test.

Diagnosis: Made by a glaucoma specialist after detailed tests like Visual Field Analysis (VFA) and retinal scans (OCT).

Treatment: Managed through eye drops or surgery, depending on severity. Regular follow-ups are crucial, and compliance with medication is essential to prevent further vision loss.

Protect Your Vision

Early Detection: Regular screenings every 1-2 years, especially if you have risk factors.

Family History: If glaucoma runs in your family, encourage relatives to get screened.

Adherence to Treatment: Stick to prescribed treatments and follow your doctor's advice to prevent progression.

Key Statistics

- Global Prevalence: Over 76 million people worldwide are affected by glaucoma.
- India: It is estimated that 12 million people in India have glaucoma, with 1.2 million being blind due to the disease.
- Blindness: Glaucoma accounts for 12.8% of blindness cases globally.

- *Glaucoma in the Developing World - EyeWiki*

- *12 mn Indians have glaucoma. Should you be worried? - Rediff.com Get Ahead*

- *Global estimates on the number of people blind or visually impaired by glaucoma: A meta-analysis from 2000 to 2020*

Screen Early. Save Vision!

Glaucoma can be managed effectively with early diagnosis and proper care, helping prevent further vision loss. Get your eyes tested for Glaucoma today.

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