

THE LINK BETWEEN GLAUCOMA & BLINDNESS

About One and A Half Million Americans have Glaucoma and Don't Even Know It

According To the World Health Organization, Glaucoma Is One Of The Leading Causes Of Vision Loss

Healthy living isn't just focusing on the foods you eat; eye care is also an essential key focus area to living a healthy lifestyle. Glaucoma can affect adults, the elderly and children of any age.

This guide is intended to help inform patients on how important eye care is in preventing vision loss including what glaucoma is, the most common types of glaucoma, signs and symptoms and what causes glaucoma to occur.

01 | What is Glaucoma?

The name "Glaucoma" is a broad term used for eye diseases or conditions that affect your vision. Glaucoma is a collection of eye conditions, which slowly damage the optic nerve due to elevated eye pressure, which leads to losing vision.

02 | Types of Glaucoma

The two most common types of Glaucoma are:

- **Primary Open-Angle** – refers to the lack of alignment of the eye cornea that causes fluid buildup which leads to optic nerve damage.
- **Acute Closed Angle** – refers to the buildup of high pressure conditions that damage the optic nerve leading to vision loss.

03 | Signs and Symptoms

Primary Open-Angle and Acute Closed Angle Glaucoma can cause different signs and symptoms. Often, the effects of glaucoma go undetected because there were no symptoms or any signs. Depending on the type of condition, some symptoms include:

- Eye pain
- Vomiting
- Eye redness
- Tunnel vision

- Halo vision
- Blind spots

04 | Causes

Glaucoma has a tendency to affect families based on their genetic makeup. But there are other causes that lead to the loss of your sight. These general causes include:

- Dietary
- Ethnicity
- Gender
- Genetics

The key to prevention is scheduling regular eye exams. Be sure to contact your medical provider to prevent eye damage or vision loss.

For additional resources and information on Glaucoma, visit: <http://www.mayoclinic.org/diseases-conditions/glaucoma/basics/definition/con-20024042>

Did You Know?

Loss of eye sight caused by Glaucoma is permanent

References

<https://nei.nih.gov/sites/default/files/health-pdfs/webGLAUC.pdf>

<http://www.glaucoma.org/glaucoma/glaucoma-facts-and-stats.php>