

## References

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# glaucoma

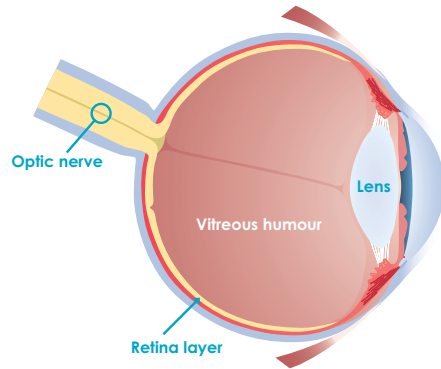


## TIPS TO HELP MANAGE GLAUCOMA AND PREVENT VISION LOSS



**Glaucoma is a eye condition which affects the ability of the eye to send pictures to the brain, interfering with a person's vision.**

This can be due to the optic nerve being affected, increased eye pressure damaging the nerve or both<sup>1</sup>. This damage is permanent but if detected early, further damage can be minimised.



Normal vision



Vision with glaucoma

Glaucoma is painless, gradual and people often find it difficult to notice. This is because the brain automatically 'fills in' gaps in the visual picture which are caused by glaucoma. This can prevent people seeing objects or obstacles.

**Glaucoma affects around 70 million people worldwide<sup>2</sup> and is the second biggest cause of blindness, having taken the sight of over 6 million people<sup>4</sup>.**

There is no cure for glaucoma, but treatments are available which can help lessen the deterioration of sight. Usually these are in the form of eye drops which help lower pressure in the eye.

Glaucoma can affect people of any age and has a high prevalence globally. The European Glaucoma Society guidelines state that at least half of glaucoma patients are undiagnosed yet early diagnosis and treatment will help reduce progression of the eye condition<sup>3</sup>.

There are certain population groups which are at increased risk of developing the eye condition. Those over 45, with a family history of glaucoma, with severe near-sightedness or those of African, Asian or Hispanic descent<sup>4</sup>. It is important to have a complete eye examination every 2 years if you fall into any of these groups.

## TIPS TO HELP PREVENT VISION LOSS & SUCCESSFULLY MANAGE GLAUCOMA

1

### Remember to have a complete eye examination once every 2 years

It is important to get a complete eye exam including an assessment of the optic nerve. In many cases, by the time you notice vision loss glaucoma has been slowly and silently causing irreversible damage.

2

### Know your eye pressure and monitor any changes

Damage to the optic nerve is often caused by pressure in the eye that is too high. It is important to know and understand your individual intraocular pressure (IOP) as target pressure may be different for each individual patient<sup>5</sup>.

3

### Take your medication as your doctor instructs

Glaucoma is a lifelong condition. In order to achieve the best treatment outcome, it is crucial to take your medication as directed by your eye doctor.

4

### Know your risk factors for Glaucoma

- Over the age of 45 years
- Family History of Glaucoma
- High Intraocular pressure (IOP)
- Marked Nearsightedness
- African, Asian or Hispanic heritage

5

### Visit an eye doctor to ensure your eye condition is identified early and appropriately managed

If you think you are at risk of glaucoma, early diagnosis could help make sure you have the best chance of maintaining your vision. If you have already been diagnosed with glaucoma, appropriate treatment is important to help prevent the eye condition from progressing further.