Tab 1

NCES

GLAUCOMA

What is Glaucoma?

Glaucoma refers to a group of eye conditions that damage the optic nerve, often due to abnormal pressure within the eye. It is a leading cause of irreversible blindness globally.

Common Types of Glaucoma:

- **Open-angle glaucoma**: The most prevalent type, characterized by slow fluid drainage through the eye's canals.
- **Angle-closure glaucoma**: Occurs when fluid flow is obstructed, leading to a sudden increase in eye pressure.
- **Normal-tension glaucoma**: Optic nerve damage happens despite the presence of normal eye pressure.
- **Congenital glaucoma**: Present at birth, resulting from abnormal eye development.
- **Secondary glaucoma**: Develops as a complication of another eye condition or surgical procedure.

Symptoms:

- **None:** Most patients have no symptoms during the early stage.
- **Vision loss**: Can manifest as a gradual or sudden loss of peripheral or central vision.
- **Eye pain**: Sometimes associated with angle-closure glaucoma.
- **Headaches**: May arise due to elevated eye pressure.
- **Blurred vision**: Can occur in advanced stages of the condition.

Risk Factors:

- **Age**: Individuals over 60 years old, but can manifest at any age.
- **Family history**: Having a first-degree relative diagnosed with glaucoma.
- **Ethnicity**: People of African or Asian descent have a higher predisposition to certain types.
- **Diabetes**: Increases the risk of developing glaucoma.
- **Eye injury or surgery**: Can elevate the risk of secondary glaucoma.

Diagnosis:

- **Comprehensive eye exam**: Regular eye examinations are crucial for early detection.
- **Tonometry**: A procedure used to measure eye pressure.
- **Visual field test**: Assesses the extent of peripheral vision.
- **OCT:** Optical Coherence Tomography
- **Pachymetry:** Measuring corneal thickness, to correlate with eye pressure.

Treatment:

- **Medications**: Eye drops or oral pills prescribed to lower eye pressure.
- **Laser surgery**: Aims to improve fluid drainage or reduce pressure. At our practice we use the Zeiss Green Laser SLT
- **Surgery**: Includes procedures such as Trabeculectomy or Drainage Implant Surgery.

Prevention and Management:

- **Regular eye exams**: Essential for prompt detection and progression analysis.
- **Adherence to treatment**: Consistent following of medication and follow-up schedules.
- **Progression analysis:** The most important management tool of Glaucoma management is progression analysis. At our practice we use Zeiss Forum software. This tool accurately accumulates all the structural and functional changes in progression of glaucoma allowing us to suggest appropriate treatment timeously.
- **Healthy lifestyle**: Maintaining a balanced diet, regular exercise, and refraining from smoking.

Importance of Early Detection:

Early detection and timely treatment can significantly slow the progression of the disease and help preserve vision. If you are at risk or over the age of 40, schedule regular eye exams to safeguard your eye health.

Tab 2