

Fast Facts

Glaucoma

- Damage to the optic nerve typically from elevated eye pressure due to the buildup of the aqueous humor (the fluid that flows inside your eye)
- Normally, aqueous humor drains into the anterior chamber (front part of the eye) through the trabecular meshwork (specialized tissue) at the angle where the iris and cornea meet
- Two main types of glaucoma: open-angle and angle-closure
- Open-angle is the most common and is the leading cause of blindness in the United States
- Occurs when pressure within the eye gradually increases over time due to blockages in the trabecular network that cause the natural flow of aqueous humor drainage to be decreased
- Angle-closure type occurs when the iris bulges forward, which narrows or blocks the drainage angle from the cornea and iris. Since the aqueous humor can't circulate through the eye like it normally doesn't, the pressure inside the eye increases
- This can happen slowly or rapidly, therefore, is referred to as chronic or acute
- Certain things can increase your risk of developing glaucoma, such as being over 60, having a family history of glaucoma, being African American or Hispanic, having high internal eye pressures, having certain medical conditions (diabetes, high blood pressure), having other eye conditions/injuries, early estrogen deficiencies and taking corticosteroids for extended periods of time

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Open-angle glaucoma</i></p> <ul style="list-style-type: none"> -No symptoms at first -Sporadic blind spots that can be on the side (peripheral) or central areas of your vision and often occur in both eyes -Tunnel vision as the condition advances <p><i>Chronic angle-closure glaucoma</i></p> <ul style="list-style-type: none"> -No symptoms at first -Eye redness -Discomfort in eyes -Blurred vision -Headache that lessens with sleep <p><i>Acute angle-closure glaucoma</i></p> <ul style="list-style-type: none"> -Eye pain -Severe headache -Blurred vision 	<p><i>Non-acute angle-closure types:</i></p> <ul style="list-style-type: none"> -Goal: Slow or prevent vision loss by decreasing the pressure within the eye -Prescription eyedrops (either improve how the aqueous humor drains from the eye or decreases the amount of it that is produced) -Oral medications to reduce the pressure -Surgery to correct underlying problem <p><i>Acute angle-closure type:</i></p> <ul style="list-style-type: none"> -Goal: Reduce the pressure within your eye as quickly as possible -Laser peripheral iridotomy, which involves taking a small laser to create a tiny hole in your iris that allows the aqueous humor to flow through it, thus relieving the pressure 	<p>Preventing might not be possible depending on your risk factors, but there are several things that you can do to help decrease the impact:</p> <ul style="list-style-type: none"> -Catch it early by getting eye exams every four years starting at the age of 40 and every two years starting at the age of 65 -Always wear eye protection when doing anything that could result in something striking your eye, such as using power tools or playing sports -Exercise regularly -Eat a healthy diet and limit caffeine -Take eyedrops as prescribed, even if you

-Halos around lights -Eye redness -Nausea/vomiting	<i>Note:</i> The damage caused by any type of glaucoma cannot be reversed	aren't experiencing any symptoms
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