



GLAUCOMA

Early detection is important.

Glaucoma is a condition that causes damage to your eye's optic nerve and gets worse over time. It's often associated with a buildup of pressure inside the eye. Glaucoma tends to be inherited and may not show up until later in life. Although glaucoma can produce symptoms, the best way to detect the disease is by having regular eye examinations. Early detection and treatment can prevent blindness in 90 percent of people with glaucoma. If you are over age 40 and have a family history of glaucoma, you should have a complete eye exam with an eye doctor every one to two years. If you have health problems such as diabetes or a family history of glaucoma or are at risk for other eye diseases, you may need to visit your eye doctor more frequently.

Open Angle Glaucoma

- **This is the most common form of the disease.**
- Does not have symptoms at first.
- Vision is normal and there is no pain.
- **If not treated, however, vision can become blurry and side vision may be lost.**
- May feel as though you are looking through a tunnel.
- Over time, your remaining forward vision may decrease.

Angle-Closure Glaucoma

Angle-closure glaucoma can cause a sudden increase in eye pressure (acute glaucoma), which is a medical emergency. If it occurs, seek treatment immediately.

Symptoms include:

- ✓ Redness and swelling
- ✓ Blurred vision
- ✓ Severe eye pain
- ✓ Headache
- ✓ Rainbow colored halos around lights
- ✓ Nausea and vomiting
- ✓ A red eye with a cloudy center
- ✓ Pain around eyes after watching TV or leaving a dark theatre



Adapted from WebMD 2014 and UHC health tools



I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." 3 John 1:2
This health promotion flyer is provided by St. Mary Parish Nurse Ministry