



DRISHTI

Combat Glaucoma. Preserve Sight.

GLAUCOMA & YOUR EYE

DON'T LET GLAUCOMA DARKEN YOUR LIFE!

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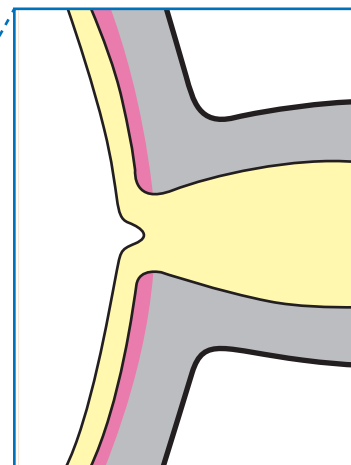
WHAT IS GLAUCOMA?

Glaucoma is a condition that causes damage to the eye's optic nerve and gets worse over time. It is often associated with a buildup of pressure inside the eye, called Intra Ocular Pressure (IOP).

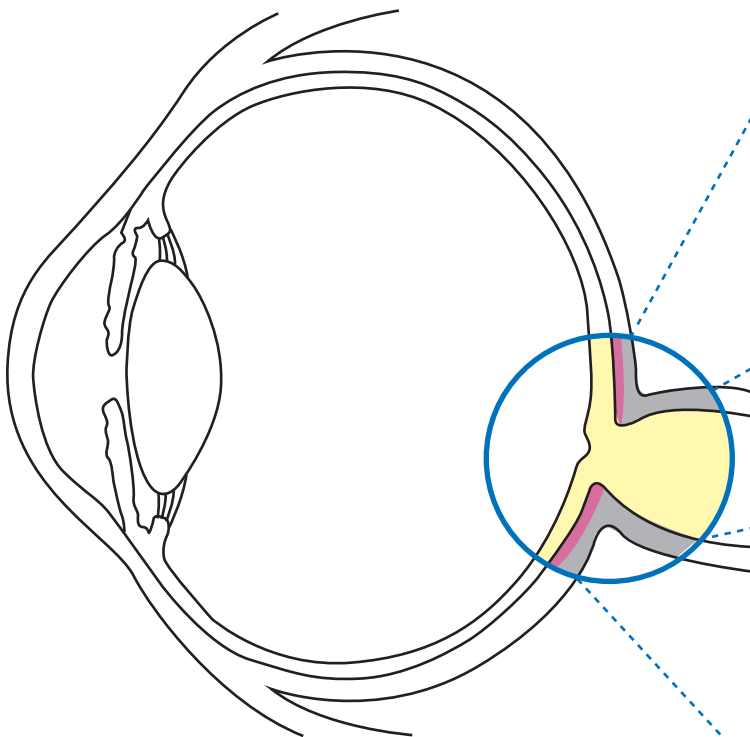
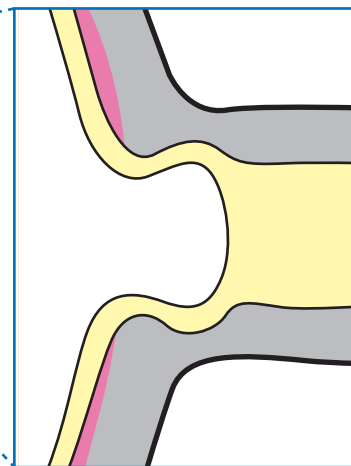
Increased pressure can damage the optic nerve, which transmits images to the brain. If damage to the optic nerve, due to high eye pressure, continues; glaucoma will cause permanent loss of vision. Without treatment, glaucoma can cause irreversible blindness within a few years.

Most people with glaucoma have no early symptoms or pain from this high eye pressure. So it is important to see the eye doctor regularly so that glaucoma can be diagnosed and treated before long-term visual loss occurs.

Healthy optic nerve



Damaged optic nerve



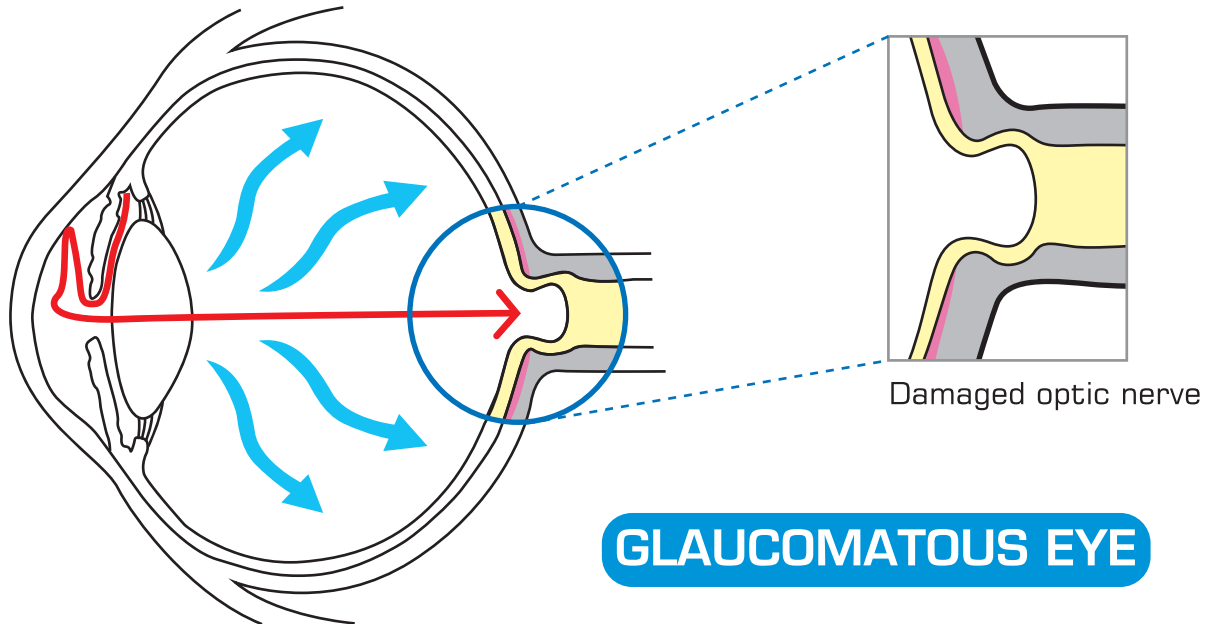
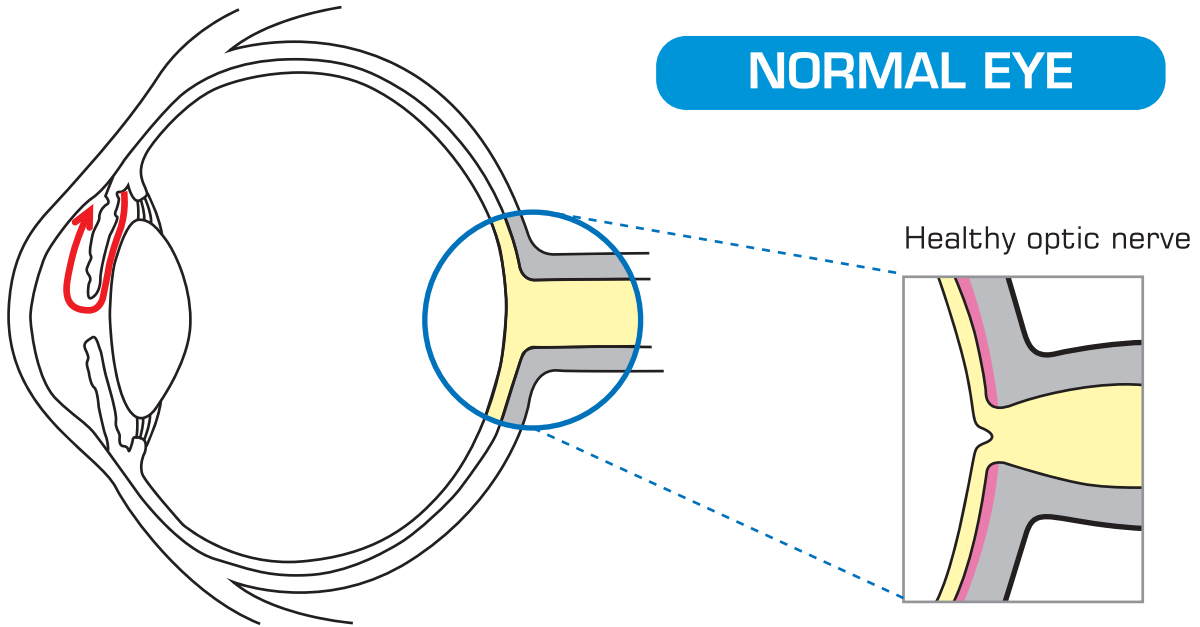
WHY DOES PRESSURE RISE IN THE EYE TO CAUSE **GLAUCOMA?**

Glaucoma usually occurs when pressure in the eye increases. This can happen when eye fluid isn't circulating normally in the eye.

This fluid, called aqueous humor, normally flows out of the eye through a mesh-like channel. If this channel becomes blocked, fluid builds up, causing glaucoma. The direct cause of this blockage is unknown, but doctors do know that it can be inherited, meaning it is passed from parents to children.

Less common causes of glaucoma include a blunt or chemical injury to the eye, severe eye infection, blockage of blood vessels in the eye, inflammatory conditions of the eye, & occasionally eye surgery to correct another condition.

NORMAL EYE

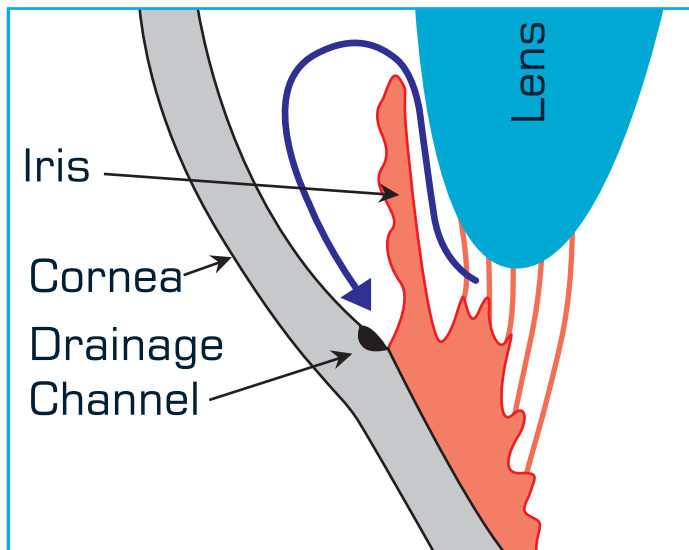


GLAUCOMATOUS EYE

WHAT ARE THE TYPES OF **GLAUCOMA?**

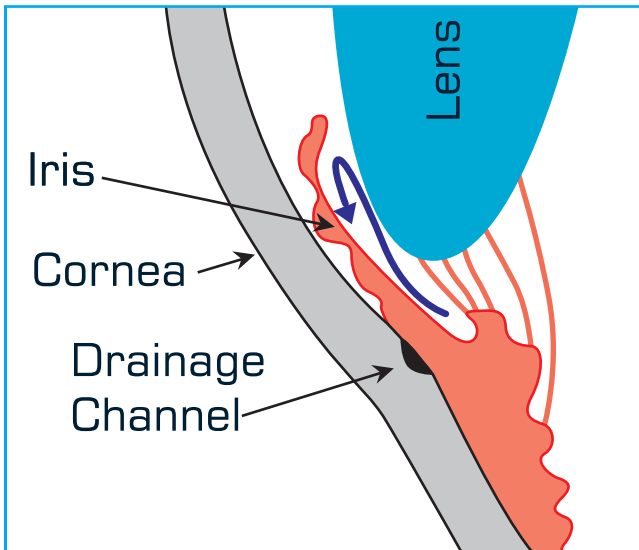
THERE ARE TWO MAIN TYPES OF GLAUCOMA

OPEN-ANGLE GLAUCOMA



Also called wide-angle glaucoma, this is the most common type of glaucoma. The structures of the eye appear normal, but fluid in the eye does not flow properly through the drainage channel.

ANGLE-CLOSURE GLAUCOMA



Also called narrow-angle glaucoma, this is less common but can cause a sudden buildup of pressure in the eye. Drainage may be poor because the angle between the iris & the cornea (where a drainage channel for the eye is located) is too narrow.

WHO CAN SUFFER FROM GLAUCOMA?

YOU ARE AT AN INCREASED

1

ARE ABOVE 40 YEARS OF AGE

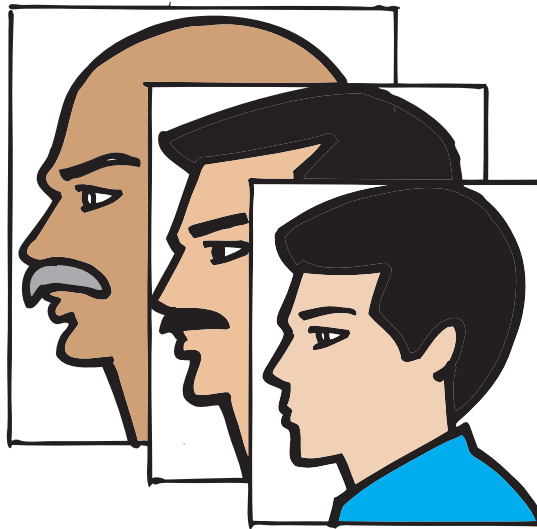


Glaucoma most often occurs in adults over age of 40 years, but it can also occur in young adults, children & even infants.

RISK OF GLAUCOMA IF YOU:

2

HAVE A FAMILY HISTORY OF GLAUCOMA



3

HAVE A POOR VISION



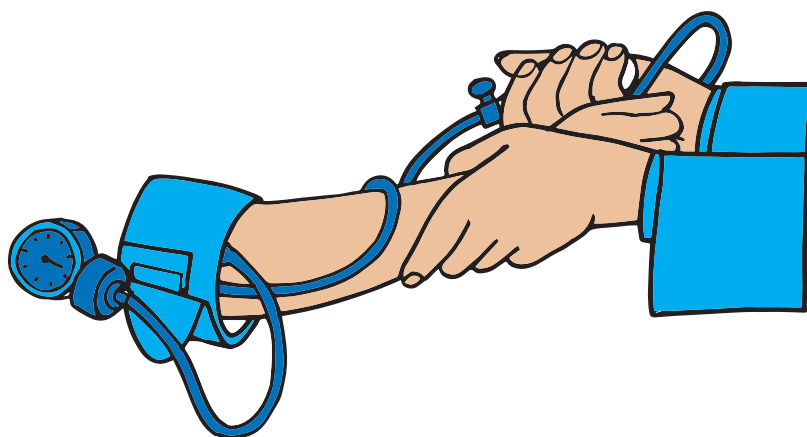
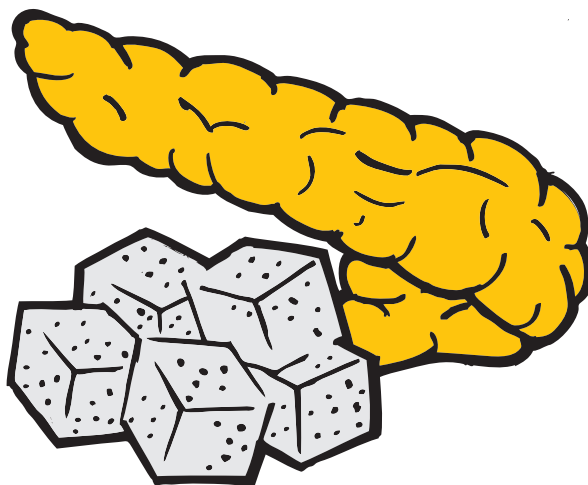
4

USE STEROID MEDICATIONS
OVER A LONGER PERIOD OF TIME



5

SUFFER FROM DIABETES OR HYPERTENSION



WHAT ARE THE SYMPTOMS OF GLAUCOMA?

IF YOU HAVE ANY OF THE FOLLOWING SYM

1

SEEING HALOS AROUND LIGHTS



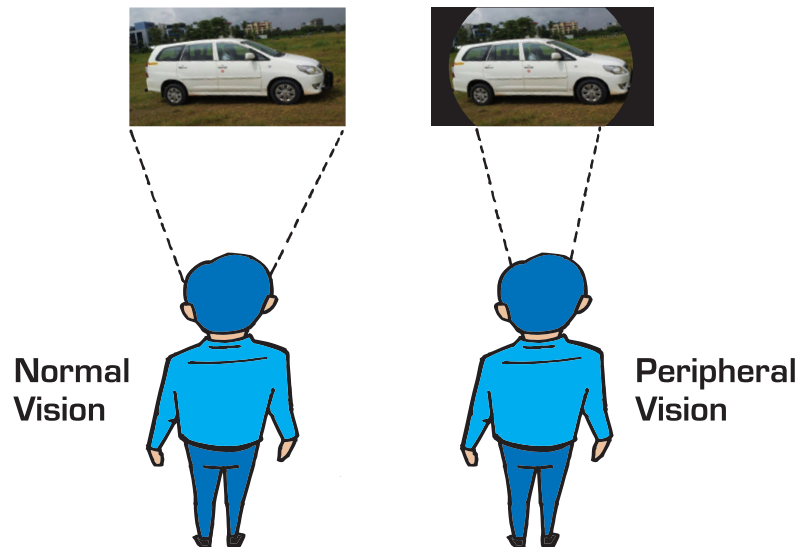
For most people, there are usually few or no symptoms of glaucoma. The first sign of glaucoma is often the loss of side vision, which can go unnoticed until late in the disease. Occasionally, IOP can rise to severe levels. In this case:

- Sudden eye pain
- Headache
- Blurred vision
- The appearance of halos around lights may occur

PTOMS, SEEK IMMEDIATE MEDICAL CARE

2

PERIPHERAL VISION LOSS



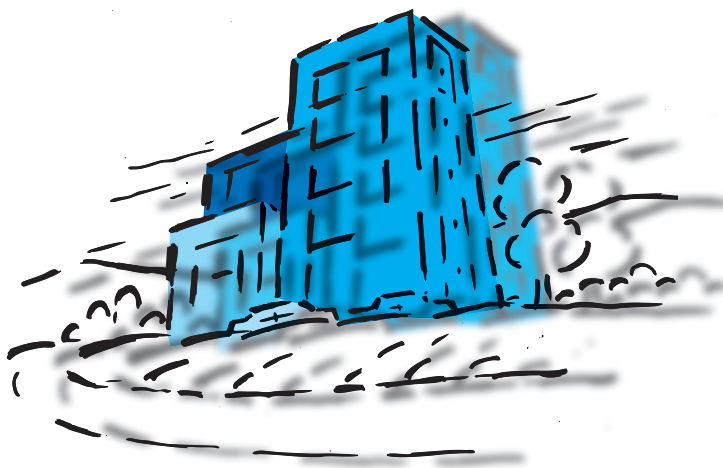
3

REDNESS IN THE EYE



4

BLURRED VISION



5

SHOOTING PAIN IN EYE

WITH NAUSEA AND VOMITING



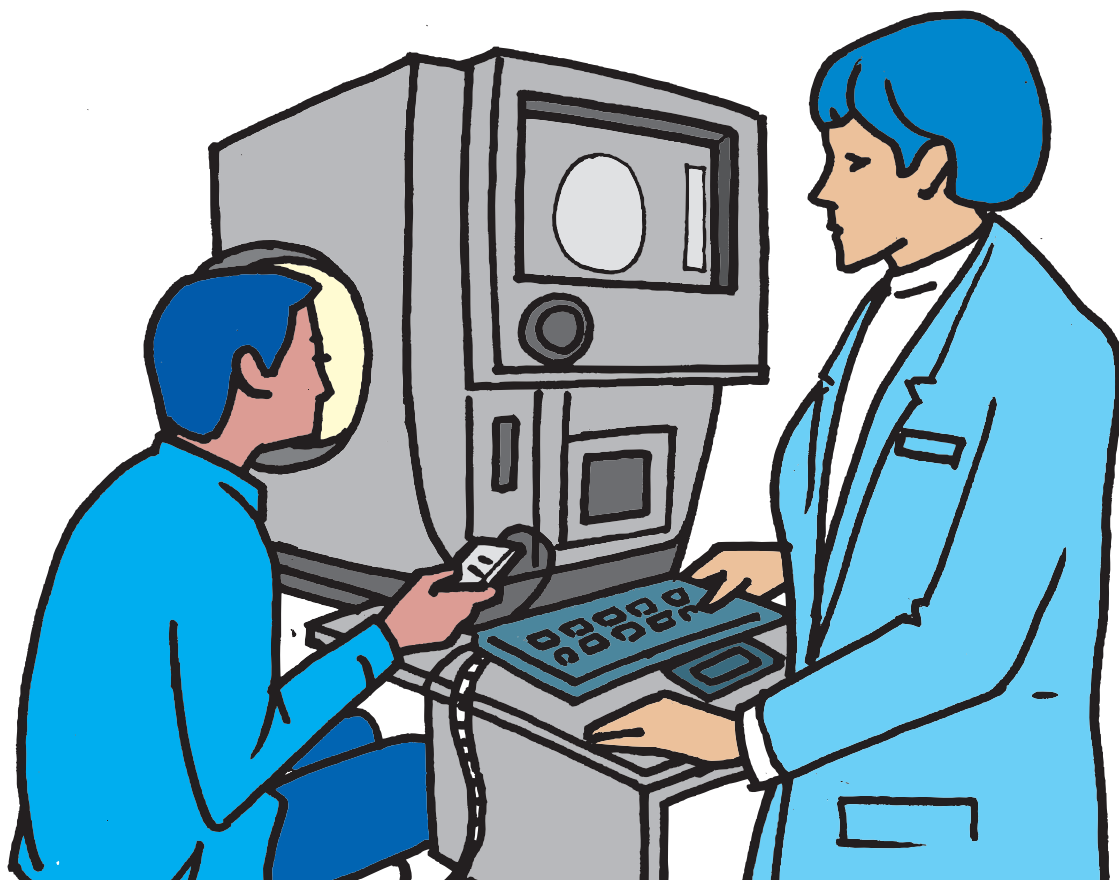
HOW IS GLAUCOMA

DIAGNOSED



Diagnosis of glaucoma involves the following tests:

- **Refraction Test**
- **Slit-lamp Examination**
- **Tonometry** - Measure intraocular pressure
- **Gonioscopy** - To see whether irido-corneal angle is open or close
- **Perimetry** - Measure vision field loss
- **Pachymetry** - Measure the thickness of the cornea



HOW IS GLAUCOMA TREATED



1

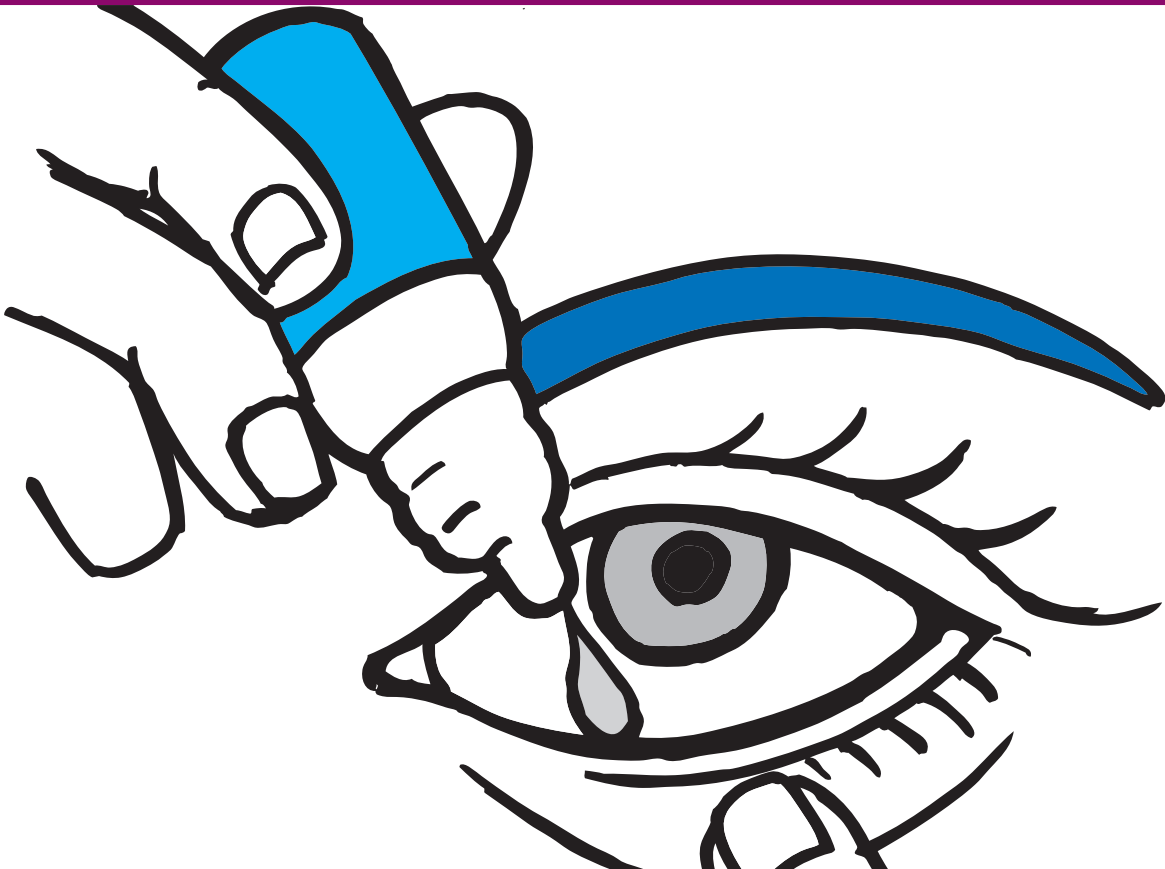
DRUGS FOR GLAUCOMA TREATMENT

These reduce the formation of fluid (aqueous humor) in the eye or increase its outflow. The use of eye drops keep the existing vision intact and avoids further vision loss as vision once lost cannot be regained. Be sure to tell your doctor about any other medications you are currently taking or are allergic to.

Glaucoma treatment may include

- 1) Prescription Medication
- 2) Laser Surgery
- 3) Microsurgery

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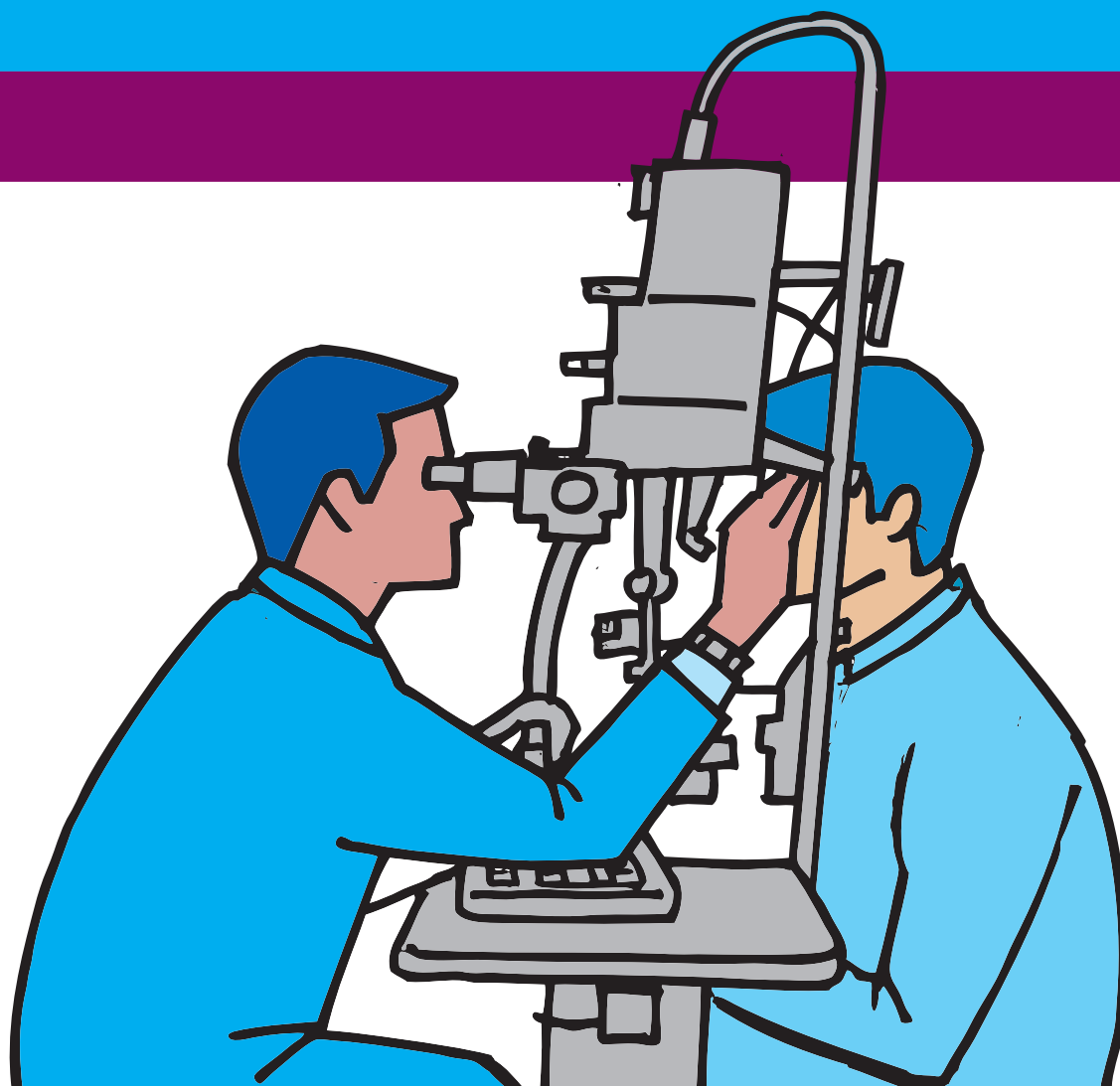
HOW IS GLAUCOMA TREATED



2

LASER SURGERY FOR GLAUCOMA

Laser surgery for glaucoma slightly increases the outflow of the fluid from the eye in open-angle glaucoma or eliminates fluid blockage in angle-closure glaucoma. Types of laser surgery for glaucoma include trabeculoplasty and iridotomy to allow the fluid to flow more freely out of the eye.



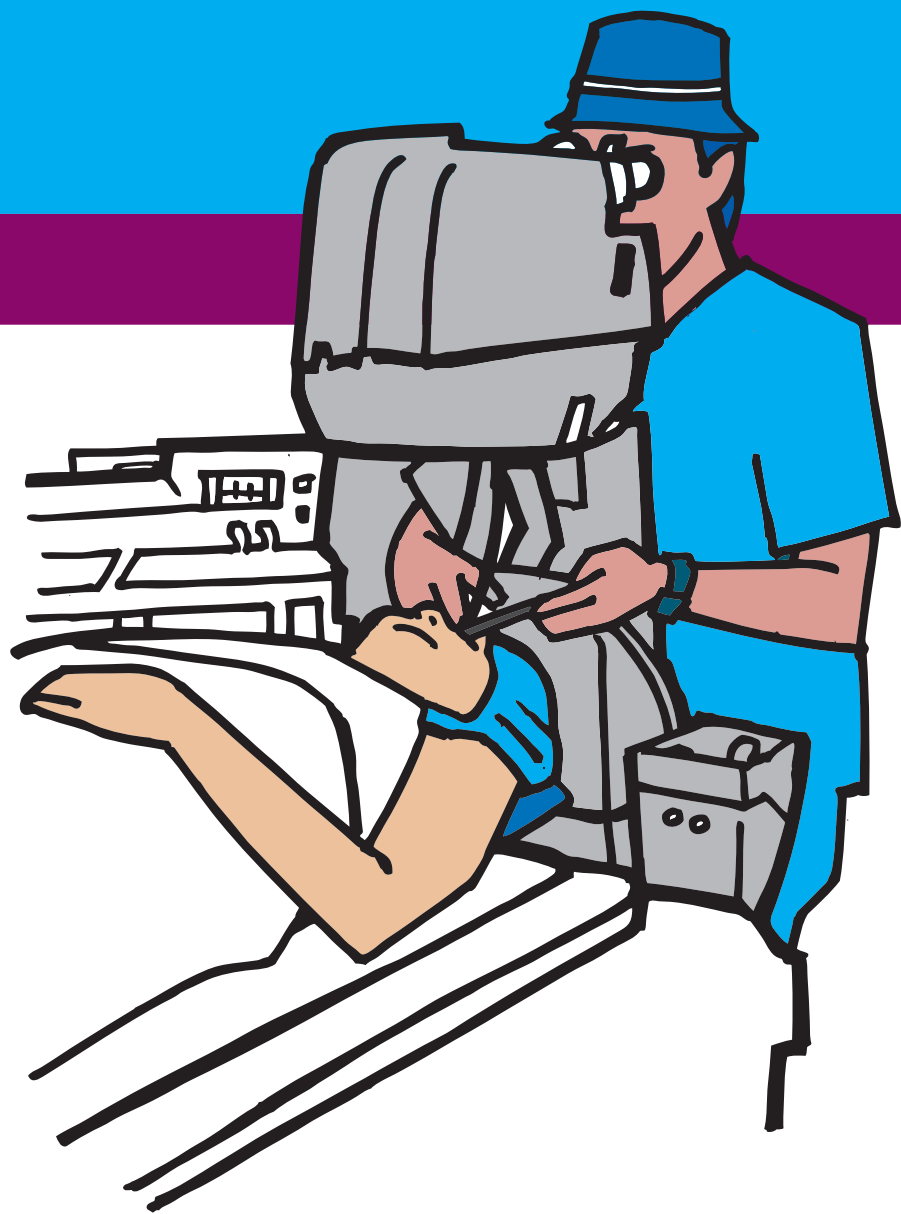
HOW IS GLAUCOMA TREATED



3

MICRO SURGERY FOR GLAUCOMA

In this operation, a new channel is created to drain the fluid, thereby reducing the increased intraocular pressure that causes glaucoma.



CAN GLAUCOMA



BE PREVENTED



Glaucoma cannot be prevented. Loss of vision caused by glaucoma is irreversible and cannot be restored. However, successfully lowering eye pressure can help prevent further visual loss from glaucoma. Most people with glaucoma do not get blind as long as they follow their treatment plan and have regular eye exams.

It is also very important for the family members of a glaucoma patient to undergo regular eye examination because glaucoma can be inherited (meaning it can be passed from patient to children).

INFANT OR CONGENITAL

GLAUCOMA

Congenital Glaucoma is when you have glaucoma since birth. It is primarily treated with surgery since the cause of the problem is a very distorted drainage system. Symptoms include the following:

- Sensitivity to light
- A larger cornea & clouding of the normally transparent cornea
- Habitual rubbing of the eyes, squinting, or keeping the eyes closed most of the time
- Excessive tearing
- Red eyes all the time



9 EASY STEPS TO INSTIL EYE DROPS



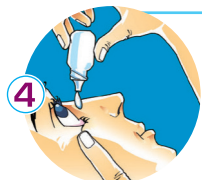
1 Wash your hands with soap & water. Dry your hands with a clean towel. Remove the cap of the eyedrop bottle.



2 Tilt your head backwards with both the eyes open.



3 Pull your lower eyelid down gently to form a pocket for the drops.



4 Hold the bottle between the thumb & index finger right above the eye. Squeeze the bottle gently to allow the drop to fall into the pocket.



5 Close your eyes without squeezing them.



6 With your eyes closed place your index finger tip on the nose side of the eye & press gently for 2 mins. This keeps the medication in contact with the eyes for a longer period of time.



7 Blot the unabsorbed drops & tears from the closed eyelid with a clean tissue. Open your eyes.



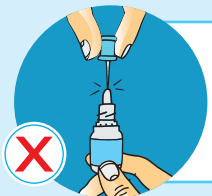
8 Repeat the same procedure for the other eye if recommended by your eye doctor.



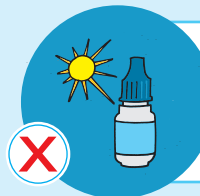
9 Replace the cap on the eye drop bottle.



Do not touch the dropper tip with your hand or any object.



Do not pierce the bottle with any sharp needle.



Store the eye drops bottle in a cool & dry place away from direct heat.



If using multiple medications wait for **5 minutes** between the eye drops.