



DRISHTI

Combat Glaucoma. Preserve Sight.

VALUE YOUR
VISION

- § Know more about GLUCOMA
- § How to instil eye drops

WHAT IS GLAUCOMA?

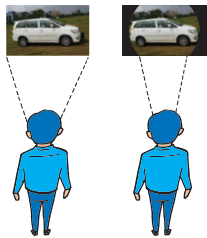
A condition of increased pressure within the eyeball, causing gradual loss of sight.

WHAT ARE THE SYMPTOMS OF GLAUCOMA?

1 Seeing halos around lights



2 Peripheral vision loss



3 Redness in the eye



4 Blurred vision

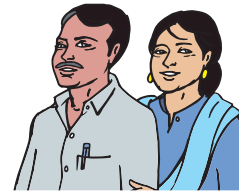


5 Shooting pain in eye with nausea or vomiting

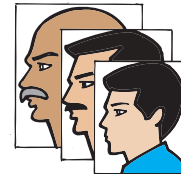


WHAT ARE THE RISK FACTORS OF GLAUCOMA?

1 People above 40 years of age



2 Family history of glaucoma



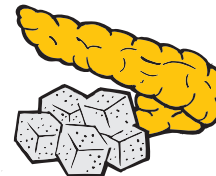
3 Poor vision



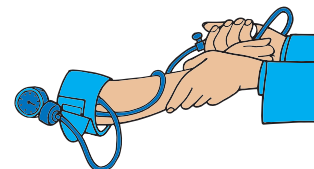
4 Use of steroid medications for a long time



5 Diabetes



6 Hypertension

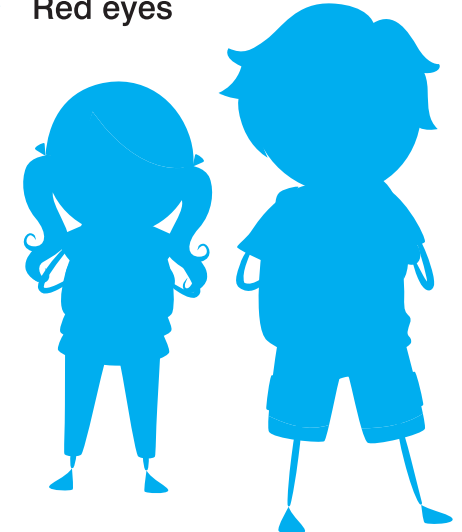


EARLY DIAGNOSIS

IN CHILDREN

The signs of increased eye pressure may not be clear. Parents should look for these symptoms:

- Cloudy, unusually large eyes/eye
- Eyes sensitive to sunlight or camera flashes
- Excessive tearing
- Difficulty adjusting in the dark
- Red eyes

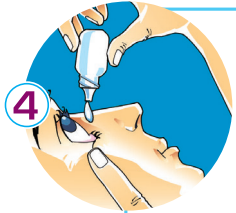


With these signs of glaucoma, get your child examined by a pediatric eye doctor / ophthalmologist.

9 EASY STEP 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.



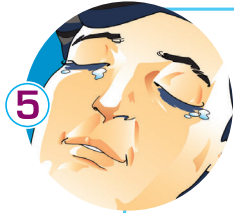
4 Hold the bottle between the thumb & index finger right above the eye. Squeeze the bottle gently to allow the drop to fall into the pocket.



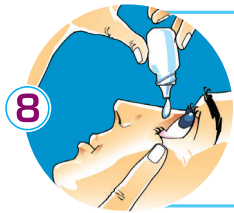
7 Blot the unabsorbed drops & tears from the closed eyelid with a clean tissue. Open your eyes.



2 Tilt your head backwards with both the eyes open.



5 Close your eyes without squeezing them.



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



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



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.



9 Replace the cap on the eye drop bottle.



Do not pierce the bottle with any sharp needle.



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



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



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

