



# Make *Yours* Healthy Choices!



Individualized Care Management, Inc.

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## The Facts About Glaucoma!

Between 2 million and 3 million Americans over the age of 40 have glaucoma. About half of these people don't even realize that they have this eye disease. It is important to be aware of glaucoma because it is the leading cause of blindness. Glaucoma accounts for about 9-12% of all cases of blindness.

### **What is glaucoma?**

Glaucoma is usually associated with increased pressure within the eye. This pressure can cause damage that leads to the loss of peripheral vision, reductions in central vision, and possibly blindness.

### **Who is at the highest risk of developing glaucoma?**

- Family history of glaucoma
- Caucasians over the age of 50
- African Americans over the age of 35
- Nearsighted individuals
- Diabetics

### **What are the signs and symptoms of glaucoma?**

Unfortunately, especially in the early stages of glaucoma, there are few warning signs. In the later stages of the disease, some symptoms that may occur include:

- Loss of side vision
- Difficulty focusing on close work
- Frequent need to change eyeglass prescriptions
- Inability to adjust to darkened rooms
- Rainbow colored rings or halos around lights.

### **How is glaucoma diagnosed?**

There is not a simple diagnostic test for glaucoma that is 100% effective. Only a complete eye exam with some specialized testing can adequately diagnosis this disease.

### **Can glaucoma be cured?**

No, sight that has been destroyed can't be restored. However, there are medical and surgical interventions that can help stop the disease from progressing.

### **Can glaucoma be prevented?**

There is no way to prevent the development of glaucoma; however, you can be treated to try and prevent blindness through early detection.

### **How can I defend myself against glaucoma?**

Your best defense against glaucoma is to have comprehensive eye exams on a regular basis.

### **Protect Your Gift of Sight!!**

### **Be Active in the Diagnosis of Glaucoma!**



*Note: This information is meant to complement the advice of your health care providers, not to replace it. Talk to your doctor if you have any health care concerns.*