

Outreach of the Month: Glaucoma Awareness

Information for Your Patients

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What is Glaucoma?

Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and blindness.

Types of Glaucoma:

- Open-angle glaucoma
- Normal-tension glaucoma
- Angle-closure glaucoma (also called "closed-angle glaucoma" or "narrow-angle glaucoma")
- Congenital glaucoma
- Secondary glaucoma
- Glaucoma suspect

How do I know if I have Glaucoma?

Symptoms of Glaucoma:

Some early symptoms may include blurred vision, halos, mild headaches or eye pain. An attack of angle-closure glaucoma includes the following:

- Severe pain in the eye or forehead;
- Redness of the eye;
- Decreased vision or blurred vision;
- Vision rainbows or halos;
- Headache;
- Nausea;
- Vomiting

What can I do to protect my eyes from glaucoma?

With early detection and treatment, you can often protect your eyes against serious vision loss. Glaucoma is detected through a comprehensive dilated eye exam that includes the following:

- Visual acuity test.
- Visual field test.
- Dilated eye exam.
- Tonometry
- Pachymetry

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