

## Outreach of the Month:



### Information for Your Patients

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Volume 1

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Gaps in care Outreach  
topic:

Glaucoma Awareness

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*National Glaucoma Awareness Month is observed in January. It's a time to raise awareness about glaucoma, a leading cause of blindness and vision loss, and to encourage individuals to get regular eye exams. Many people are unaware they have glaucoma until it's advanced, making early detection crucial.*

**More than 2.8 million Americans age 40 and older have glaucoma.**

- **Early Detection:**

Glaucoma often has no early symptoms, so regular eye exams are essential for identifying it early, according to the National Eye Institute.

- **Vision Loss Prevention:**

The National Eye Institute emphasizes that early treatment can significantly reduce the risk of vision loss.

- **Raising Awareness:**

The month aims to educate the public about glaucoma, its risk factors, and the importance of regular eye exams.

- **Family History:**

If you have a family history of glaucoma, it's especially important to exercise, can also help reduce the risk of developing glaucoma get regular eye exams

**\*Visit your UOP PCP today \***

- **Risk Factor Identification:**

PCPs can assess patients for risk factors like family history, age (over 40), diabetes, and high blood pressure, which increase the likelihood of developing glaucoma.

- **Referral to Specialists:**

If risk factors are present or if symptoms are noticed, the PCP can refer the patient to an ophthalmologist or optometrist for a comprehensive eye exam, including tests for glaucoma.

**UOP: Focuses on the delivery of high quality healthcare and honors commitments to our providers, patients, and our participating health plans.**