

MARINA MEDICAL HMO

HEALTH TIP

GLAUCOMA

Glaucoma

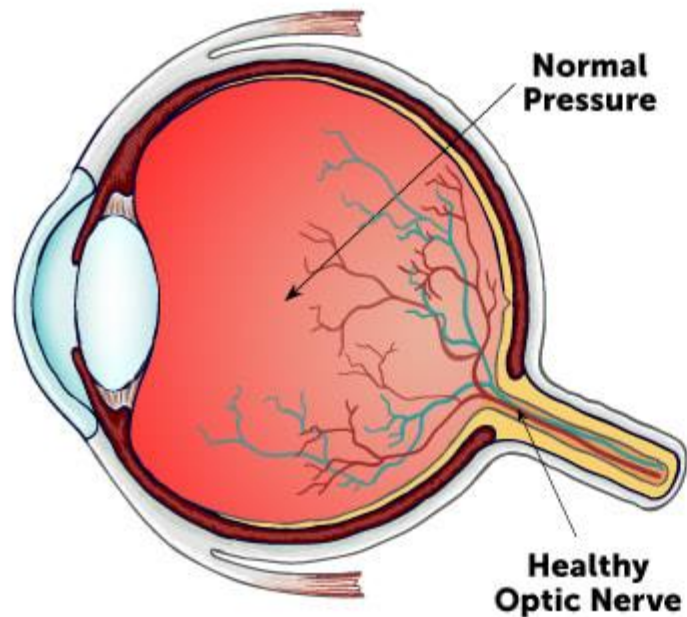


GLAUCOMA

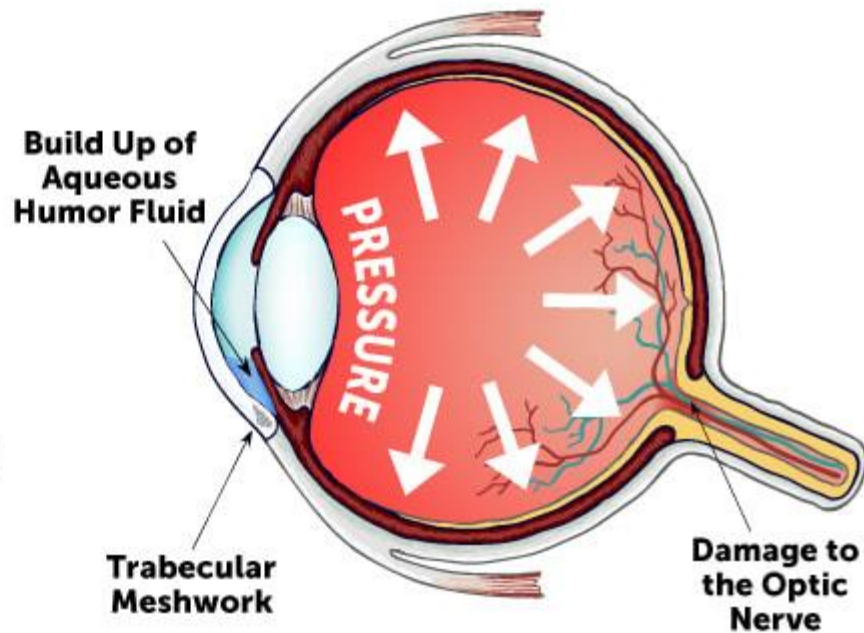
DEFINITION

- These are group of diseases causing damage to the optic nerve by the effect of raised intraocular pressure.
- Glaucoma occurs as a result of malformation or malfunctioning of the eyes drainage system which leads to building up of the aqueous humor(eye fluid).
- Normal eye pressure is between 12-21 mmHg.
- The increased pressure causes compression on the optic nerve and this leads to progressive permanent loss of eyesight if left untreated.

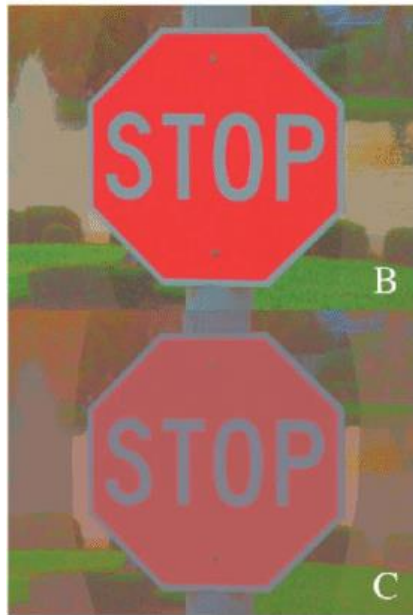
HEALTHY EYE



EYE WITH GLAUCOMA



PROGRESSION OF VISUAL LOSS IN GLAUCOMA



RISK FACTORS FOR GLAUCOMA

- ❑ Family history of glaucoma
- ❑ Race: African Americans
- ❑ Age: Over 40 years
- ❑ People with short sightedness
- ❑ Diabetes mellitus
- ❑ High blood pressure
- ❑ Obesity
- ❑ Prolonged steroid use
- ❑ Physical injury to the eyes.

SYMPTOMS

- ❑ Severe eye pain
- ❑ Nausea and vomiting
- ❑ Severe headaches on the side of the affected eye
- ❑ Red eyes
- ❑ Seeing colored rings around lights
- ❑ Blurred/foggy vision
- ❑ Sudden loss of vision

TREATMENT OPTIONS

- Medical Treatment:
Eye drops and oral medications.
- Surgical Treatment

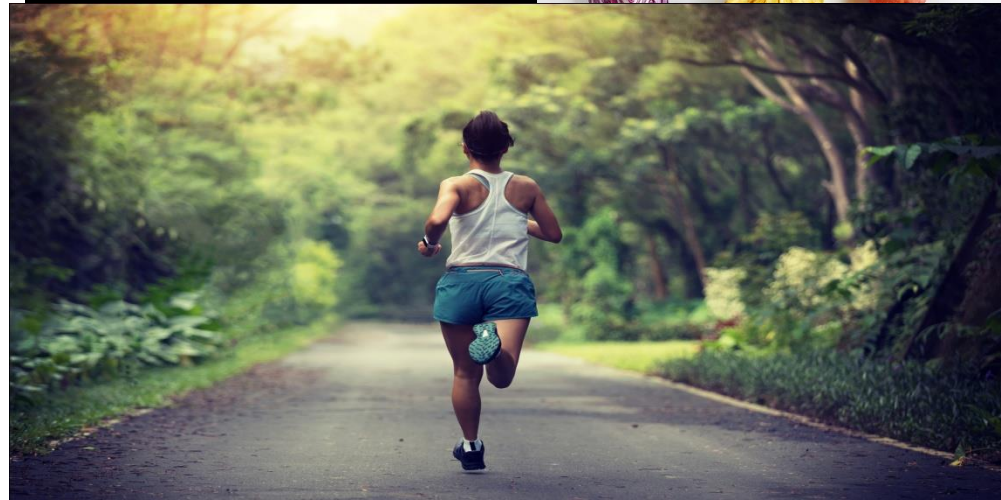


PREVENTION

- Regular comprehensive eye check at least once in 2 years for early in detection of any diseases changes in the eyes to prevent irreversible loss of vision.
- Regular exercise for weight control
- Avoid excessive alcohol, caffeine and smoking as all these result in increased intraocular pressure.
- Avoids consumption of lots of red meats and eat more of oily fishes rich in Omega-3 fatty acid which is very good for the eyes.

PREVENTION

- Eggs, carrots, green leafy vegetable ,liver, oranges are good sources of vitamins A and C which are good anti-oxidants for the eyes.





WORLD

Glaucoma Day

MARCH 12