

Group A1

Glaucoma



Introduction

Glaucoma is a disease that damages your eye's optic nerve. It usually happens when fluid builds up in the front part of your eye. That extra fluid increases the pressure in your eye, damaging the optic nerve. Family history of glaucoma and age of 40 and older in addition to diabetes consider major risk factors.



Sign & Symptoms



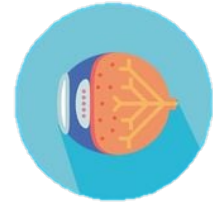
Headache



Blurry vision



Light sensitivity



Swollen eyes



Eye discharge



Eye pain

Self-care management

- ✓ Eat a healthy diet.
- ✓ Several vitamins and nutrients are important to eye health, including zinc, copper, selenium, and antioxidant vitamins C, E, and A.
- ✓ Exercise safely.
- ✓ Regular exercise may reduce eye pressure in open-angle glaucoma.
- ✓ Limit your caffeine.
- ✓ Drinking beverages with large amounts of caffeine may increase your eye pressure.
- ✓ Sleep with your head elevated.
- ✓ Take prescribed medicine.
- ✓ Using your eyedrops or other medications as prescribed can help you get the best possible result from your treatment.

Prevention

- ✓ Schedule regular eye exams
- ✓ Reduce eye pressure
- ✓ Prevent eye injuries
- ✓ Know your family's eye health history
- ✓ Wear eye protection



Treatment

- Eye Drops
- Oral Medications
- Laser Treatment
- Minimally invasive glaucoma surgery (MIGS)
- Conventional Surgery

