

## GLAUCOMA AND BLINDNESS

In India around 60 lakhs individuals are suffering from Glaucoma. This number is mere a fraction of actual number of cases that has been reported so far. Therefore it is essential that people should know about this diseases before it shatters their life.

### What is Glaucoma?

Glaucoma is degeneration of vision resulting blindness in most of the cases. It occurs due to damage of optical nerve due increase of internal pressure of the eye. The consequence is irreversible and most of the time due to negligence or, lack of proper information it causes permanent blindness. Primary Open Angle Glaucoma remains undetected at the initial stage and when it is diagnosed, most of the time patient already lost 50% of their vision capacity. Therefore, person susceptible should consult eye specialist in regular interval.



### Symptoms of Glaucoma:

- Regular changes in power
- Blurred vision
- Partial obscurement of side vision
- Pain in Eye, Headache, Nausea
- Glowing rounds around any light object

### Who are prone to Glaucoma?

- Aged above 40 years
- Congenital history of Glaucoma
- Person with Hypermetropia or Myopia
- Person suffering from Diabetics or, Hypertension
- Person suffering from Thyroid
- Person inflicted with eye injury

### Routine Tests for Glaucoma:

- IOP or Intra Ocular Pressure checkup
- Perimetry or, Visual Shield checkup
- Checkup for Optical Nerve Head with 90D Lens and Slit Lamp
- Gonioscopy or, Checkup of Anterior Chamber Angle
- Checkup of Retinal Nerve Fiber Layer with OCT

### Treatment after Glaucoma diagnosis:

- Medicine for rest of the life in the supervision of a specialist
- Glaucoma Filtration Surgery or, Trabeculectomy Surgery

