

How often would I need to visit my doctor?

Usually you would have to visit your doctor between 2-4 weeks after first diagnosis to see how the drops are working. Once your doctor is satisfied that the drops are working and the pressure within your eye is normalised, then you would see your doctor every 6 months, unless otherwise advised.

How long will I have to use these drops?

It is essential to understand that glaucoma does not have a cure, and as such requires lifelong treatment. For best results, treatment should be strictly adhered to as outline by your doctor.

When would I need Surgery?

Surgery can help lower eye pressure when medication is not sufficient.

Laser Surgery

Laser surgery is recommended before incisional surgery, unless the eye pressure is very high or the optic nerve is badly damaged. During laser surgery, a focused beam of light is used to treat the eye's trabecular meshwork (the eye's drainage system). This helps increase the flow of fluid out of the eye.

Incisional Surgery

Incisional surgery (also called filtering surgery) involves creating a drainage hole with the use of a small surgical tool. This new opening allows the intraocular fluid to bypass the clogged drainage canals and flow out of this new, artificial drainage canal.

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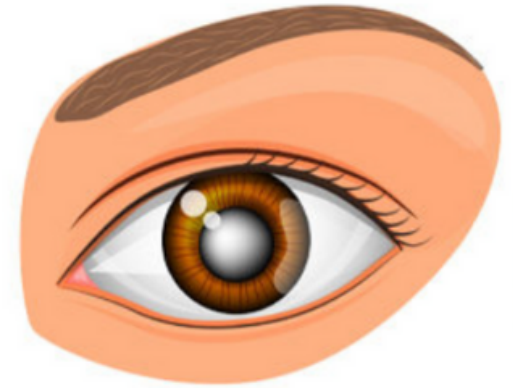
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A Patient's Guide to
GLAUCOMA

What is Glaucoma?

Glaucoma, often referred to as the silent thief of sight, is a disease of the optic nerve of the eye. The optic nerve essentially relays what the eye sees to the brain.

If left untreated, continued damage may lead to irreversible visual impairment (noticed as foggy/cloudy vision) and blindness.

According to the World Health Organization, Glaucoma is the second leading cause of blindness globally, after cataracts.

What are the Symptoms?

Glaucoma is typically associated with painless and progressive loss of vision that may not produce any symptoms.

Usually, peripheral vision is affected with relative sparing of central vision at early stages of disease, and when the disease gets to advanced stages, the central vision is more severely affected.

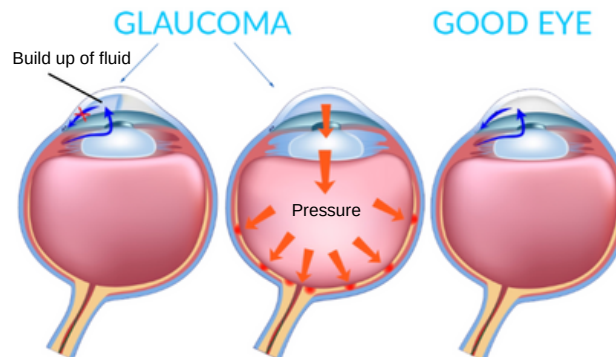
Sometimes, you may notice or describe that your vision has become foggy or hazy. In more serious cases, you may notice severe eye and head pains, nausea/vomiting and halos.

What causes Glaucoma?

The exact causes of glaucoma are unknown. It is however, usually associated with an increase in the pressure within the eye.

There are several types of glaucoma:

1. Primary open angle glaucoma: this most common type of glaucoma develops when the drainage system becomes inefficient over a period of time, resulting in an increase in aqueous fluid and elevated eye pressure.
2. Angle closure glaucoma: also known as narrow angle glaucoma, can result in loss of vision at its onset. It occurs when the drainage angle closes or becomes blocked, preventing the smooth outflow of aqueous fluid and resulting in an elevated eye pressure.
3. Secondary glaucoma: usually results from injury to the eye or other medical conditions.
4. Normal tension glaucoma: the pressure within the eye remains within the 'normal' range but the optic nerve is nonetheless damaged.



You should be screened if you:

- Are over the age of 40
- Have a family history of Glaucoma
- Have African/Hispanic/Asian ancestry
- Have thinner corneas
- Have medical conditions including diabetes, hypertension, poor blood circulation & migraines
- Sustain an Eye injury (severe trauma)
- Have an increased eye pressure

How is Glaucoma diagnosed?

Glaucoma can be diagnosed through comprehensive eye examinations. Other factors that aid the diagnosis include patient's history, measurements of visual acuity, intraocular pressure, corneal thickness, field of vision as well as checking the angles in the eye.

What are the Treatment Options?

At present, there is no known cure for glaucoma, and lost vision cannot be regained. However, it is possible to maintain current vision and prevent further loss of vision through the use of prescription anti-glaucoma drops. In some instances, procedures such as laser and surgery may be considered. Patients with glaucoma require lifelong treatment. The aim is to maintain a stable eye pressure in order to preserve vision.