Glaucoma, FAQ's

Glaucoma happens when the pressure of fluid in the eyeball is too high. This high pressure cannot be in the eyeball for too long a time or the eyeball may become damaged.

Glaucoma causes you to slowly lose your eye sight. You can become blind. The eye doctor can tell if you have glaucoma by easily testing your eyes. The doctor shines a light on your eyes to check the pressure. Glaucoma testing is an important part of taking care of your eyesight.

What are Signs of Glaucoma?

- Having a hard time seeing in a dark room after being in a bright one.
- Having trouble seeing things out to the sides of you.
- Blurry sight.
- Seeing bright white lights or colors in front of your eyes.
- Headaches.
- Feeling sick to your stomach or throwing up.
- Sudden vision loss.

Who gets Glaucoma?

- Anybody can get glaucoma but it happens more often in people 35 or older and people who have high blood sugar (*Diabetes Mellitus*).
- People whose family members have it.
- People who have an eye injury.
- Sometimes people who have had eye surgery.

What if I have Glaucoma?

Glaucoma cannot be cured. It can be controlled. You can help keep your glaucoma under control by taking your medicines (eye drops and/or pills) the way your doctor tells you to, and by keeping clinic appointments for eye check ups. If your eye pressure cannot be controlled by the medicine, you may need laser surgery.

What is the best way to take care of Glaucoma?

- Always use your eye drops or pills like the doctor has told you. **Do not** run out.
- **Do not** go away from home without your drops or pills.
- Keep your appointments.
- Always tell a new doctor that you have glaucoma and how long you have had it. Tell the doctor about the eye drops and pills you take.
- **Do not** use eye drops or pills that have not been prescribed by your doctor.

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