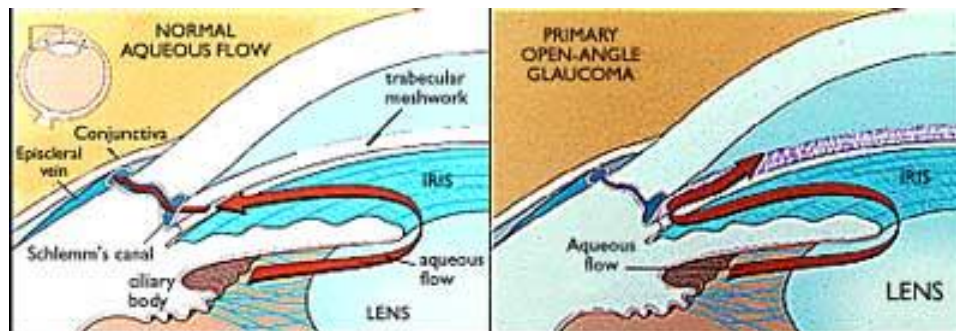


# Glaucoma Treatment Information from FramesDirect.com



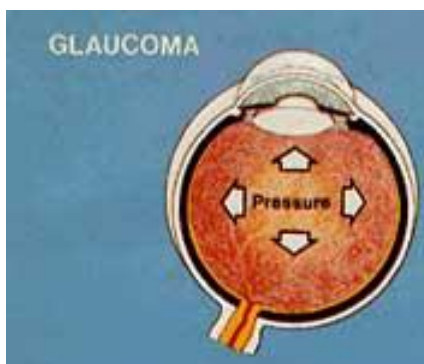
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[FramesDirect.com](http://FramesDirect.com) is a resource for glaucoma information regarding treatment and eyeglasses necessary during and after treatment.

Frames Direct - the ultimate source of eyewear prescribed during the treatment of glaucoma.

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Glaucoma refers to a group of eye diseases that have certain common features. These can include an eye pressure too high for the health of the eye, damage to the optic nerve and visual field (sight) loss.

When a person has glaucoma, pressure builds up in eye when the clear liquid called the aqueous humor, which normally flows in and out of the eye, is prevented from draining properly. This can happen in different ways, depending on the type of glaucoma. The resulting increase in pressure within the eye can damage the optic nerve.

Ophthalmologists used to think that high intraocular pressure was the main cause of optic nerve damage in glaucoma, however we now know that

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even people with "normal" IOP can experience vision loss from glaucoma--so-called "normal tension glaucoma."



It is estimated that over 3 million Americans have glaucoma, and 67 million people worldwide will have glaucoma by the end of the year 2000. At least half do not know they have it because glaucoma usually has no symptoms (that's why they call it the "sneak thief of sight"). Untreated, glaucoma is a leading cause of irreversible blindness.

In most cases, there are no warning signs. In later stages of the disease, some symptoms may occur. These can include:

- loss of side vision (Peripheral Vision)
- difficulty focusing on close work
- seeing colored rings or halos around lights
- headaches and eye pain
- frequent changes of prescription glasses
- difficulty adjusting eyes to the dark

### **Preventative Maintenance for Glaucoma**

The best way to find out if you have glaucoma is to get regular and complete eye exams. Glaucoma can affect all ages, young and old. It is the leading cause of blindness in African Americans. People at greater risks include those:

- Over the age of 60
- who are African American over the age of 40
- with relatives who have glaucoma
- who have diabetes
- who are very nearsighted

### **How often should I have my eyes checked?**

Regular and complete eye exams are important. In general, a check for glaucoma should be done at age 35 and at age 40, between 40-60 years every 2-3 years, and from 60 and over every 1-2 years. If you have any of the risk factors mentioned above, you should get your eyes thoroughly examined every 1-2 years after your 30th birthday.

### **Glaucoma Types and Treatment**

There are different types of glaucoma. The most common is called primary open-angle glaucoma (POAG). This type of glaucoma accounts for 90% of all cases. Other types include closed-angle

glaucoma, congenital glaucoma, and normal-tension glaucoma.

Individual treatments will vary from person to person. Treatments include medications (eyedrops and/or pills), laser surgery, standard surgery, and drainage implant devices.

**Surgery and Laser Procedures for treating Glaucoma**

For some people, surgery might be the best treatment for glaucoma. Your ophthalmologist may suggest surgery as a first treatment, or after trying medication to lower the IOP. There are several different types of surgery for glaucoma.

**Laser Surgery**

Trabeculoplasty is used most often to treat open-angle glaucoma. In trabeculoplasty, a laser is used to place "spot welds" in the drainage area of the eye that allow the aqueous to drain more freely.

**Iridotomy**

Iridotomy is another kind of laser surgery used to treat angle-closure glaucoma. In this procedure, the surgeon uses the laser to make a small hole in the iris which allows aqueous to flow more freely within the eye so the iris doesn't plug up.

**Cytophotocoagulation**

Cytophotocoagulation is a laser procedure that is used to freeze selected areas of the ciliary body to reduce the production of fluid. This procedure may be used to treat more advanced or aggressive cases of glaucoma.

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