

GLAUCOMA RUNS IN THE FAMILY

SAY NO TO INHERIT IT

Understand the Risk, Protect Your Vision – Have the Conversation

UNDERSTANDING THE LEGACY

Father: You know, our family has a history with this silent thief of sight - glaucoma. Your grandfather battled it, and so have I.

Father: I've been vigilant with my eye health, especially after turning 40. It's crucial to catch it early.

Son: I understand. What should I be doing now?

THE IMPORTANCE OF EARLY DETECTION

IDENTIFYING THE RISK FACTORS

Father: Anyone with a family history is at risk, particularly after 40. And it's not just that - being farsighted, nearsighted, or having conditions like high blood pressure or diabetes can increase the risk.

TAKING ACTION FOR FUTURE GENERATIONS

Father: So, let's lead the way for our family. An eye check today can preserve your vision for a lifetime.

Son: I'll make an appointment. Let's protect our vision for generations to come.

What is Glaucoma?

Glaucoma is an eye disease that gradually steals your vision. Usually, Glaucoma has no symptoms in its early stages. Without proper treatment, Glaucoma can lead to blindness. The good news is that with regular eye exams, early detection, and treatment, you can preserve your sight¹.

Who gets Glaucoma?

Anyone, those at higher risk to develop Glaucoma include those who:



Have increased eye pressure²

Have high blood pressure²



Are over 60 years²

Are near-sighted/far-sighted²



Family history of Glaucoma²

Use steroid medication²



Have thin central cornea²

Have had an eye injury²



When should you get your eyes checked for Glaucoma?

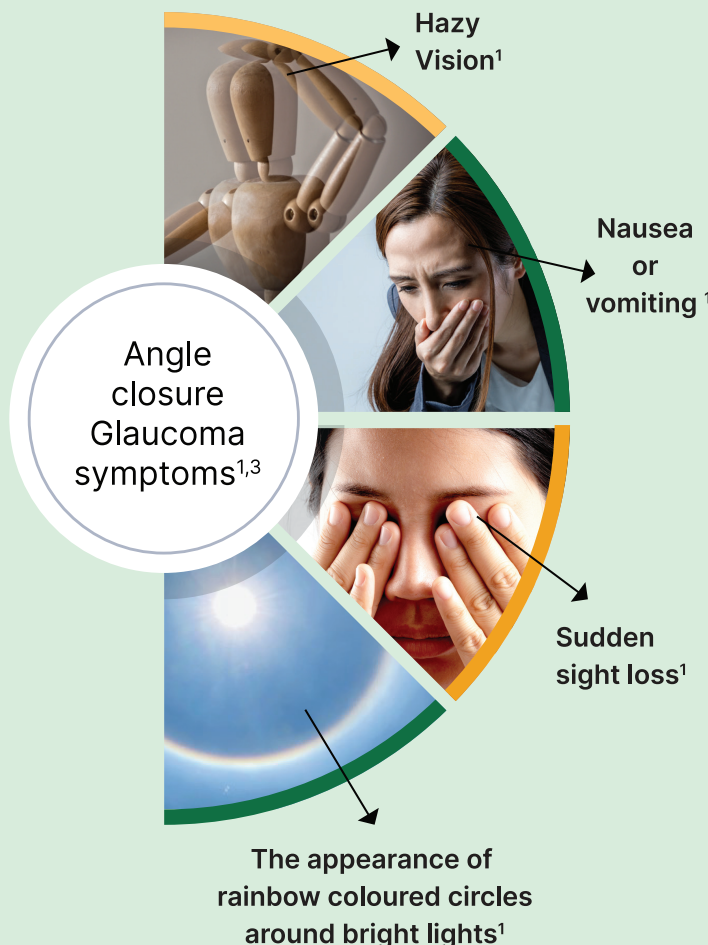
A comprehensive eye check-up is recommended as follows:

- <40 years old - every 5 to 10 years
- 40 to 54 years old - every 2 to 4 years
- 55 to 64 years old - every 1 to 3 years
- Older than 65 - every 1 to 2 years³

Are there symptoms?

In angle closure Glaucoma, following symptoms are observed^{1,3}

In open angle Glaucoma, buildup of fluid pressure happens very slowly. Most people who have open-angle Glaucoma feel fine and do not notice a change in their vision. That is why regular eye check-ups are important.¹



Is there a cure?



Early diagnosis of Glaucoma allows prevention or slowing of vision loss³

You will need treatment or monitoring for the rest of your life, if you have Glaucoma³



Keep your eye pressure under control³

Take your prescribed medications regularly³



Regular eye check-ups³

Reference:

- Available from <https://www.aaio.org/eye-health/tips-prevention/easy-steps-to-prevent-vision-loss-from-glaucoma>. Last accessed on 15/2/2024.
- Available from <https://www.webmd.com/eye-health/glaucoma-eyes>. Last accessed on 15/2/2024.
- Available from <https://www.mayoclinic.org/diseases-conditions/glaucoma/symptoms-causes/syc-20372839>. Last accessed on 15/2/2024.

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