



Brought to you by the Holy Family Health Ministry

January is glaucoma awareness month

January is Glaucoma Awareness Month

**Make eye health a New Year's resolution.**

Get a dilated eye exam.



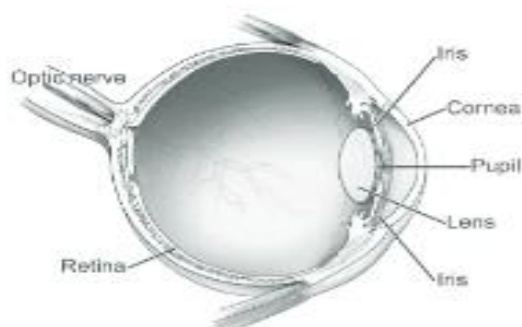
Early detection and treatment can protect your vision.

## What is glaucoma?

Glaucoma is a group of diseases that can damage the optic nerve in the eye. The optic nerve is the part of the eye that sends electrical impulses for sight to the brain. If left untreated, glaucoma can cause permanent vision loss or blindness.

## What causes glaucoma?

Clear fluid flows in and out of a small space at the front of the eye and keeps the tissues in the eye healthy. If this fluid drains too slowly, it puts pressure on the optic nerve and can cause glaucoma.





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## What are the symptoms of glaucoma?

Often, there are no symptoms at first. Vision stays normal and there is no pain. But as the disease gets worse, side vision may begin to fail. Objects straight ahead may be clear, but objects to the side may not be seen. Over time, with no treatment, people with glaucoma may not be able to see objects straight ahead.

## Who is at higher risk for glaucoma?

Anyone can get glaucoma, but people at higher risk for glaucoma are:

- African Americans age 40 and older
- All adults age 60 and older, especially Hispanics/Latinos
- Those who have family members with glaucoma

Other factors that can increase the risk of glaucoma include:

- Diabetes
- Hypertension
- Previous eye injury

## How is glaucoma detected?

An eye care professional can determine whether a person has glaucoma through a comprehensive dilated eye exam. During this exam, drops are put into the eyes to enlarge the pupils. The eye care professional is then able to see more of the inside of the eye to check for signs of damage to the optic nerve. A dilated eye exam is important because screening for eye pressure alone is not enough to detect glaucoma.



[www.nei.nih.gov/glaucoma](http://www.nei.nih.gov/glaucoma)



**NIH**  
National Eye Institute

National Eye Health  
Education Program  
**NEHEP**  
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**“The lamp of the body is your eye. When your eye is sound, then your whole body is filled with light, but when it is bad, then your body is in darkness.” Luke 11:34**