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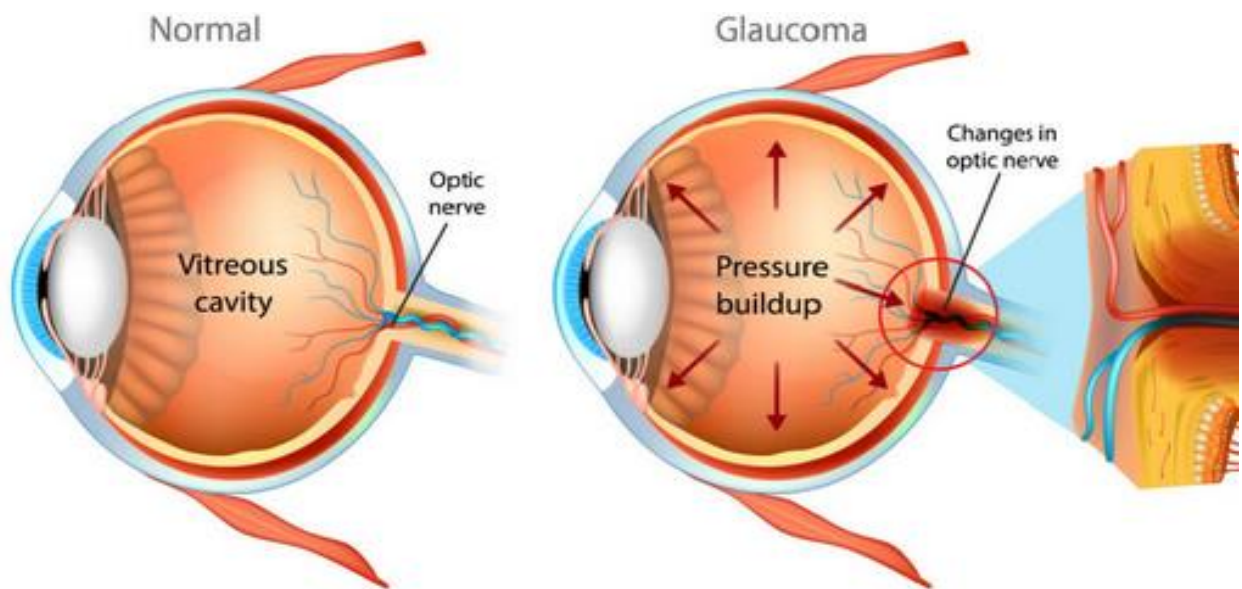
**January is Glaucoma Awareness Month**

## What is Glaucoma?

Glaucoma is a disease that damages a nerve in the back of your eye called the optic nerve. The optic nerve sends signals to your brain that enables you to see. If left untreated, glaucoma will cause a slow but steady loss of vision.

## What Causes Glaucoma?

Glaucoma is caused by a buildup of fluid inside your eye. The buildup can happen because of a block in the out flow pathway where fluid normally drains out of the eye to maintain normal pressure. This blockage results in an increase in pressure, which damages the optic nerve.



## What are the Symptoms of Glaucoma?

Glaucoma has ***no early warning signs***. Most persons do not know they have it until they visit their eye doctor. Untreated glaucoma can cause a gradual, sometimes undetectable, loss of vision starting in your peripheral (side) vision. ***Visit your eye doctor regularly to monitor your eye pressure and your vision.***

**“Therefore, confess your sins to one another and pray for one another, that you may be healed. The fervent prayer of a righteous person is very powerful”. James 5:16**





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## Treatment Options for Glaucoma

Glaucoma treatment has advanced significantly in recent years. Your eye doctor will discuss your options and recommend what is best for you, such as one or more of the following treatments:

- Prescription eye drops
- Laser surgery
- Goniotomy (Surgery to Lower Eye Pressure)
- Glaucoma implant surgery
- Glaucoma filtering procedure

## Keep Your Vision Healthy

- Get a baseline eye exam by 40 or older
- Choose healthy foods
- Quit smoking
- Exercise
- Maintain normal blood pressure and cholesterol
- Wear sunglasses with at least 99% UV protection

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## Here's Why You Need an Eye Exam

**By age 65, one in six Americans has a vision impairment that cannot be corrected with glasses or contact lenses.**

Early detection and treatment improves quality of life.



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Source: <https://www.labtician.com/wp-content/uploads/2020/07/Know-Now-Glaucoma-patient-brochure.pdf>

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