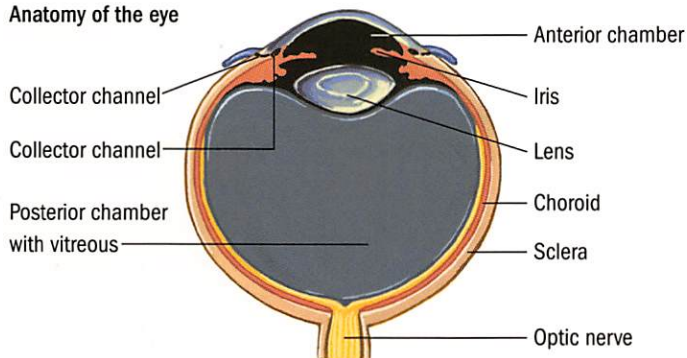
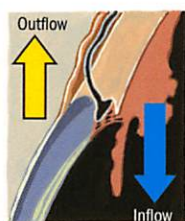


# MANAGING YOUR GLAUCOMA

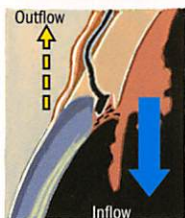
Anatomy of the eye



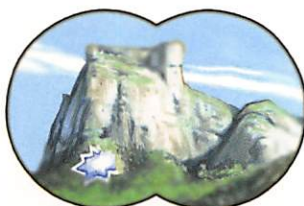
Aqueous humor flows through the posterior chamber, pupil, anterior chamber, and canal of Schlemm, and leaves by collector channels.



Normal intraocular pressure



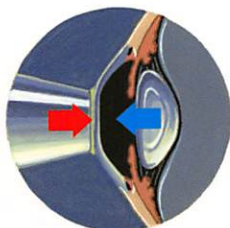
Increased intraocular pressure



Loss of peripheral vision is a symptom of open-angle glaucoma.



Headache, vomiting, and severe eye pain may occur with closed-angle glaucoma.



A painless test, called the Goldman tonometry test, measures eye pressure.

## What Is Glaucoma?

Glaucoma is an illness caused by too much pressure in the eye (intraocular pressure, IOP). Normally, watery fluid (called aqueous humor) flows into and out of the eye. If this flow becomes blocked, pressure in the eye rises, causing glaucoma. Too much pressure can damage the eye nerve and cause vision loss. Glaucoma must be caught early to prevent this damage.

Average IOP is 16 millimeters of mercury (mm Hg). It's considered to be elevated if it is above 21 mm Hg. Glaucoma is rare before the age of 40 and becomes more common with aging. Women and people who are farsighted may have an increased risk of glaucoma.

The two types of glaucoma are open-angle and closed-angle (angle-closure). In open-angle glaucoma, flow of fluid is blocked slowly (chronic condition). In acute closed-angle glaucoma, fluid flow is blocked suddenly; this is a medical emergency. The causes of open-angle glaucoma, the most common type, are not clear.

## What Are the Symptoms of Glaucoma?

Open-angle glaucoma usually produces no symptoms early on. Later, loss of side vision (or peripheral vision) may occur.

Closed-angle glaucoma can cause headache, halos around lights, loss of central vision, severe eye pain, sudden vision change, and vomiting.

## How Is Glaucoma Diagnosed?

Glaucoma is easy to diagnose. An eye specialist (optometrist or ophthalmologist) measures eye pressure with a painless test called tonometry. The specialist also tests whether vision is good, especially side vision, and looks inside the eye with an instrument (ophthalmoscope).

The test of side vision is the visual field test. It can show early damage to side vision, the first sign of glaucoma.