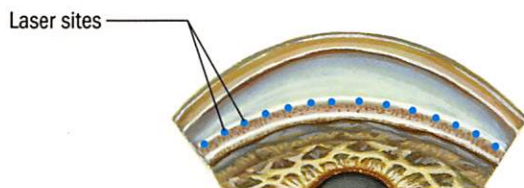
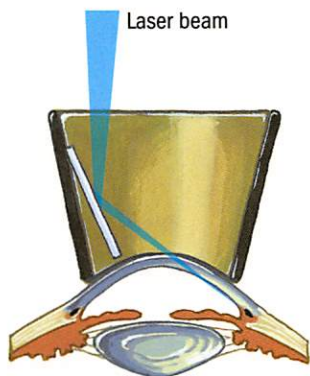




The aim of any glaucoma treatment is to lower high IOP. Eye drops alone may help.



Laser surgery or other operations may be necessary. Often people continue to use eye drops after laser surgery.



Exercise should be part of your daily routine, but check with your doctor if you participate in activities that involve standing on your head, like yoga.

## How Is Glaucoma Treated?

Treatment—eye drops and surgery—is aimed at lowering a high IOP to a more normal IOP.

Some people need only one or two different eye drops. These drops, however, can affect other parts of the body. For example, eye drops that are beta-blockers should be used carefully in people with asthma or breathing or cardiac problems.

Other people need laser surgery or other types of surgery. Laser surgery can be quite effective, but many people will need to continue using eye drops after surgery.

Other operations for glaucoma involve making a new drain to let aqueous fluid flow out faster, so IOP is lowered.

## DOs and DON'Ts in Managing Glaucoma:

- ✓ **DO** take all the medicine prescribed by your doctor. Use it exactly as directed. Once you begin to use the medicine, you will probably use it indefinitely.
- ✓ **DO** tell your eye doctor if you have another medical illness (e.g., asthma, heart problems, or emphysema) or an allergy to drugs used for glaucoma.
- ✓ **DO** tell your eye doctor about all medicines you take, because these may interfere with glaucoma medicines.
- ✓ **DO** call your eye doctor immediately if your symptoms get worse.
- ⊘ **DON'T** stop taking your medicine or change your dose because you are feeling better.
- ⊘ **DON'T** use corticosteroids such as prednisone without checking with your eye doctor, because these drugs can raise eye pressure.
- ⊘ **DON'T** do exercises, such as yoga, that involve standing on the head, but do exercise normally.

### FROM THE DESK OF

#### NOTES

#### FOR MORE INFORMATION

Contact the following sources:

- American Academy of Ophthalmology  
Tel: (415) 561-8500  
Web: [www.aao.org](http://www.aao.org)