



# GLAUCOMA AWARENESS NEWSLETTER

## GLAUCOMA

Glaucoma is a group of eye diseases that damage the optic nerve. The optic nerve is important for good vision: it sends visual information from the eye to the brain. Typically, the pressure inside the eye chamber is elevated. It is the third most common cause of blindness in the world.

The estimated number of people with glaucoma worldwide is expected to rise from 76 million in 2020 to 111 million in 2040, with Africa and Asia being affected more heavily than the rest of the world.

**Figure 1: Prevalence of MSVI and blindness due to glaucoma**

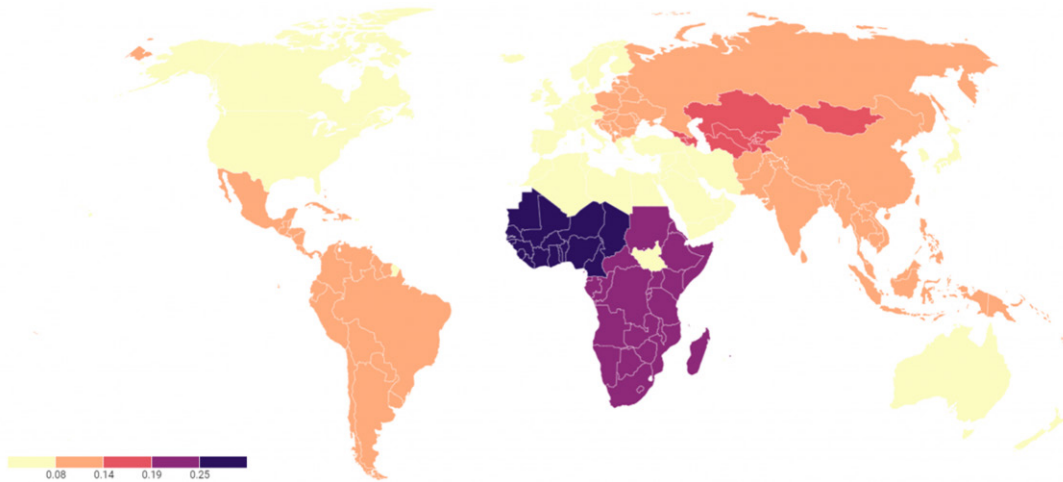


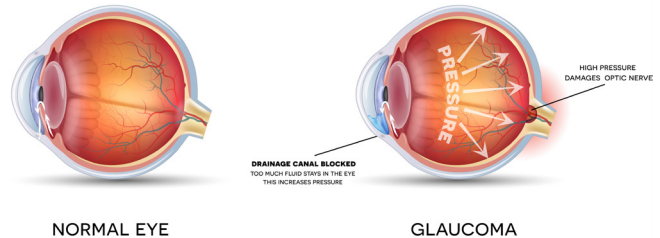
Figure 1: Estimated regional prevalence of moderate and severe visual impairment (MSVI) and blindness due to glaucoma in 2020. MSVI is defined as visual acuity < 6/18 but  $\geq 3/60$  in the better seeing eye and blindness is defined as <3/60 in the better seeing eye. Adapted from contemporary prevalence studies. [Source: Ahmad A. Aref, MD, MBA, Daniel B. Moore, MD, Ian Conner, MD, PhD, David M. Rooney, MD [eyewiki.aao.org](https://eyewiki.aao.org). (n.d.). Glaucoma in the Developing World - EyeWiki. (online) Available at: [https://eyewiki.aao.org/Glaucoma\\_in\\_the\\_Developing\\_World](https://eyewiki.aao.org/Glaucoma_in_the_Developing_World).][Date accessed: 02 May 2023].

The two broad categories of glaucoma are:

- Primary Angle Glaucoma (POAG)
- Angle closure Glaucoma (ACG)

### RISK FACTORS

The following factors increase the chances of developing glaucoma:



General	Ocular (Eye)	Systemic
<b>Age</b> Children can develop glaucoma, however it occurs much more in older age especially above 60 years	High Intra ocular pressure (IOP) Above 21mmhg increases the risk 16 fold	Diabetes Mellitus
<b>Race</b> Black Africans are at higher risk	Central Corneal Thickness (CCT) Thinner corneas are greater risk	Vasospasm
Family History	Visual Field loss (VF)	Perfusion Pressure Ratio
Trauma to the eye	Myopia (short sightedness)	High Blood pressure



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### SCREENING

Early detection and regular comprehensive eye check-ups go a long way to eliminate the blindness caused by glaucoma.

The screening includes the following tests but are not limited to:

- Tonometry (measuring the pressure inside the eye)
- Optic Nerve Assessment by Direct Ophthalmoscopy and using Optical Coherence Tomography (OCT)
- Photography by Fundus camera
- Perimetry

### TREATMENT

Glaucoma damage cannot be reversed. Treatment options include either or a combination of:

- Prescription Eye drops
- Oral Medication
- Laser treatments
- Surgery

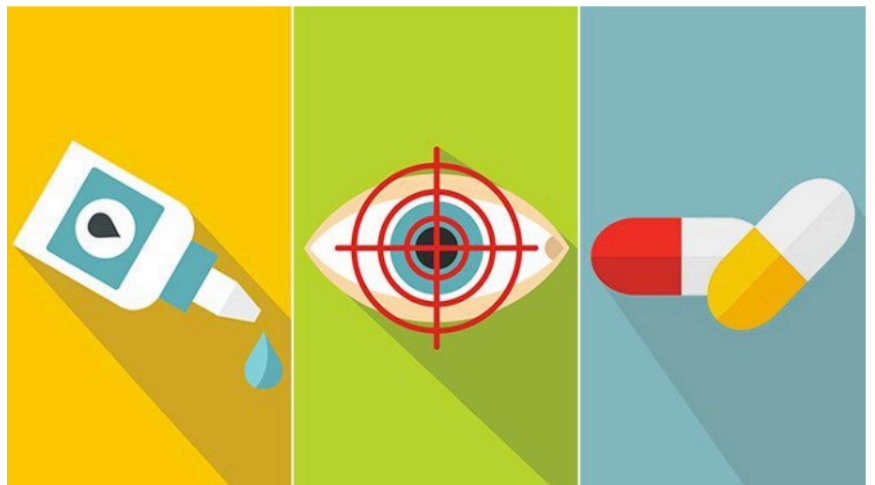
**Periodic comprehensive eye examinations may be the most cost-effective way to detect and slow down damage caused by glaucoma.**

Take heed to visit an Iso Leso Optometrist for a routine optometric examination which includes glaucoma assessment.

To find an Iso Leso optometrist visit [www.isoleso.co.za](http://www.isoleso.co.za).

Tel: 011 340 9200

For any other information, kindly visit our website on [www.sizwehosmed.co.za](http://www.sizwehosmed.co.za)



Eye drops, laser surgery, oral medication, and surgery are among the treatment options for glaucoma.

**GET YOUR EYES TESTED FOR GLAUCOMA: "SAVE YOUR SIGHT"**