

Nethra Arogyam

Issue 2 | December 2022

According to National Health portal of India

- **Glaucoma is the second leading cause of blindness in the world accounting for upto 8% of total blindness.**
- **In India , glaucoma is the leading cause of irreversible blindness with atleast 12 million people affected and nearly 1.2 million people blind from the disease.**
- **More than 90 percent of cases of glaucoma remain undiagnosed in the community**

Glaucoma

EYE CARE WITH CARE

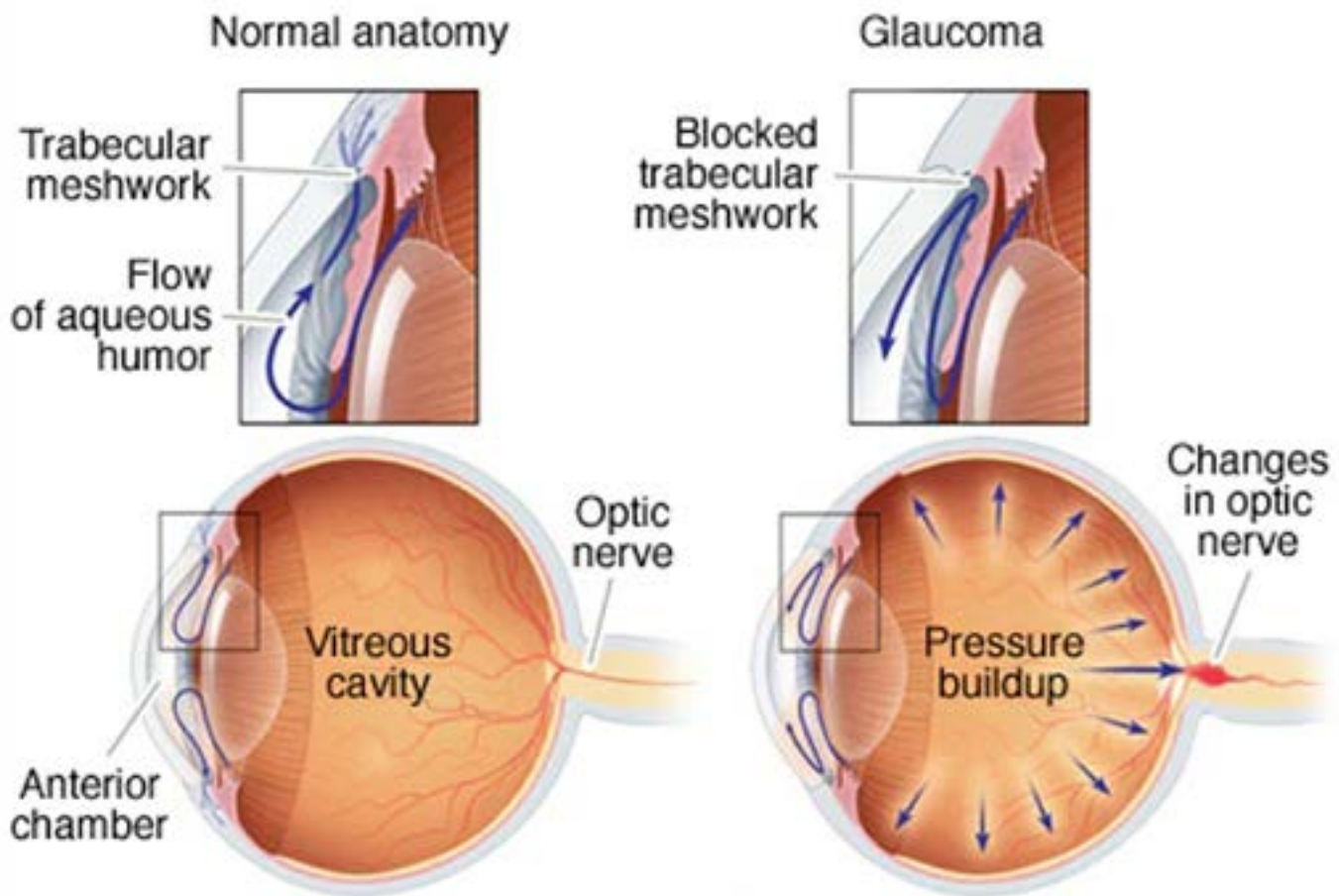


Glaucoma

A common Eye Problem that causes vision loss



Dr Hareesh K V
Medical director
Abhishek Nethradhama



What Is Glaucoma?

Glaucoma is a disease of the optic nerve — the part of the eye that carries the images we see to the brain. The optic nerve is made up of many nerve fibers, like an electric cable containing numerous wires. When damage to the optic nerve fibers occurs, blind spots develop. These blind spots usually go undetected until the optic nerve is significantly damaged. When the entire nerve gets destroyed the person would go blind.

What Causes Glaucoma?

Clear liquid called aqueous humor circulates inside the front portion of the eye. To maintain a healthy level of pressure within the eye, a small amount of this fluid is produced constantly while an equal amount flows out of the eye through a microscopic drainage system. (This liquid is not part of the tears on the outer surface of the eye.)

Because the eye is a closed structure, if the

Early detection and treatment by your ophthalmologist are the keys to preventing optic nerve damage and blindness from glaucoma. Loss of sight from glaucoma can often be prevented with early treatment.

drainage area for the aqueous humor — called the drainage angle — is blocked, the excess fluid cannot flow out of the eye. Fluid pressure within the eye increases, pushing against the optic nerve and causing damage

Recognizing the Symptoms

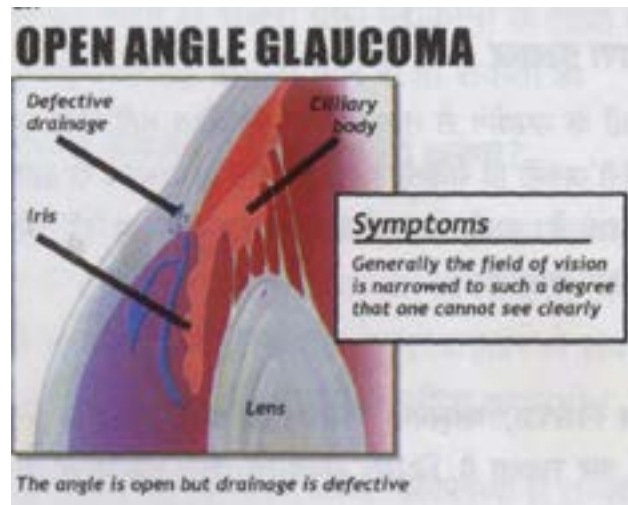
The most common form of Glaucoma, open angle, starts gradually with darkening at the outer edges of your sight (peripheral vision) and gives no warning symptoms until a very late stage, when much irreversible damage has been done to the field of vision.

Without treatment it can progress to complete blindness.

A much less common form of Glaucoma, acute closed angle, starts with severe pain in the eye, headache, blurring of vision, halos around sources of light. This needs immediate treatment. Progressive loss of vision in open-angle glaucoma

Who is at risk for Glaucoma?

It is important for each of us, from infants to senior citizens, to have our eyes checked regularly, because



early detection and treatment of glaucoma are the only ways to prevent vision impairment and blindness.

This may apply to you if:

You are 55 years & above and have not had your eyes examined regularly? Someone in your family has a history of glaucoma Myopia (nearsighted)

Diagnosing Glaucoma

An annual eye examination is as important as a regular vision test. This examination will measure both the pressure within the eye, funduscopy (Cup/Disc ratio) and the field of vision.

These tests together are more effective in the detection of Glaucoma than the standard eye test alone.

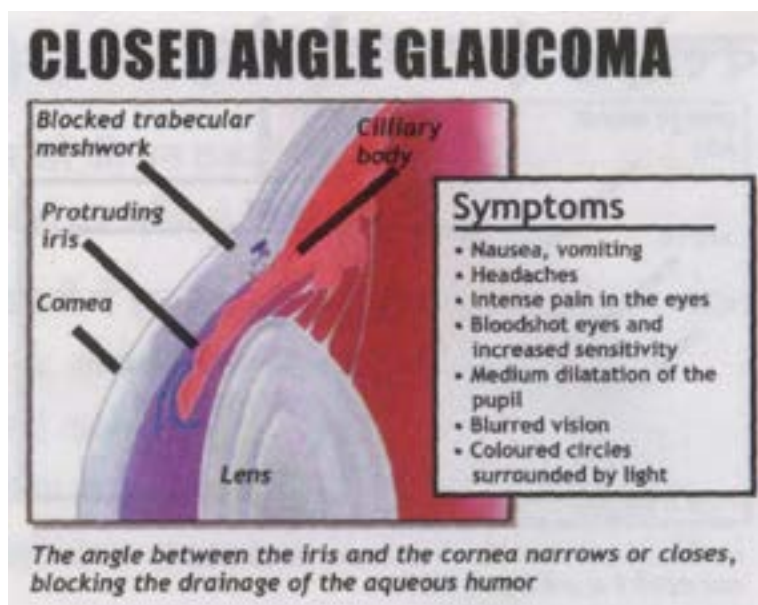
A regular test of the pressure within the eye can detect Glaucoma. (Tonometry)

Treatment

Although treatment can control Glaucoma, and possibly avoid or delay the need for surgery, sight loss cannot be recovered so early detection and treatment are vital.

Most drug treatments aim to reduce the production or drainage of fluids in the eye. It is very important to use prescribed medication regularly and not to miss doses.

Laser Treatment: If the condition cannot be



**If you Have Any Questions Call
080 4093 3219 / 77957 15203**

**Email:
abhisheknehradhama@yahoo.in**

controlled using medication, it may be necessary to have laser surgery. The drainage holes are opened using a laser beam and the pressure within the eye is then controlled with the appropriate medication.

Surgery: An eye specialist may recommend surgery to help control Glaucoma through which the aqueous fluid can escape from within the eye and drain away under the loose covering of the eye (conjunctiva).

Eye Care: Eye drops should be applied correctly to be of maximum benefit. Consult your doctor for correct administration of drops.

Frequently Asked Questions

• Is glaucoma curable?

Glaucoma is not curable, but it is manageable usually with simple medications such as eye drops and pills.

• Which age groups are most affected?

All age groups are at risk for glaucoma, though elderly persons above the age of 60 years are more at risk.

• Does glaucoma cause blindness?

If left untreated, glaucoma can cause blindness. About 10% of patients with glaucoma who receive proper treatment may still have loss of vision. Loss of vision from glaucoma is irreversible.

• How can I protect myself against the damage that glaucoma can cause?

You can protect yourself from loss of vision due to glaucoma through regular eye examinations, taking your medication as prescribed and good eye care.

• What is the role of surgery?

Surgery is done when medications are not effective or they cause intolerable adverse effects. Surgery is effective in relieving glaucoma, but the condition can recur even after surgery.

• Will glaucoma affect my work?

Many people have productive lives despite having glaucoma. Ensure good lighting at the work place and get magnification of texts if needed. Maintain good communication with your employer / supervisor. Above all, be positive!

ABHISHEK NETHRADHAMA is an ISO 9001:2015 Certified speciality eye hospitals are committed to be the most patient friendly, well equipped eye hospital attended by experienced team of doctor to give the best services in eye care guided by sound ethical values.

Multi Speciality Eye Hospital
Eye Care with Care

ಅಭಿಷೇಕ ನೇತ್ರಧಾಮ ABHISHEK NETHRADHAMA

OUR BRANCHES

Doddaballapura
Devangha complex, Near Rangappa Circle, Opposite Sai Baba temple, Doddaballapura - 561203
Mob: +91 - 77958 05848 / 89714 79662

Arsikere
1st Floor, Opp. Bus Stand, Railway Station Road, Arsikere, Hassan Dist.-573 103,
Phone : 8174231030 / 8892976064

FACILITIES AVAILABLE

- ◆ Cataract Services
- ◆ Cornea Services
- ◆ Diabetic Eye care Services
- ◆ Paediatric Services
- ◆ Glaucoma Services
- ◆ Orbit, Oculoplasty & Neurophthalmology
- ◆ Community Services
- ◆ Facial Aesthetics

ABHISHEK NETHRADHAMA

Krupa Bindu #971/37, MIG, 15th 'A' Cross, 'A' Sector, Next to G.K. Vale Studio, KHB High Rise Apartment Road, Yelahanka New Town, Bengaluru - 64

Ph: 080 - 40933219 / 7795715203