

Getting to grips with Glaucoma



300,000

people are estimated

**TO BE
LIVING
WITH**

**UNDETECTED
GLAUCOMA IN THE UK**

“OPEN-ANGLE”
is the most common FORM OF
GLAUCOMA

OPEN ANGLE
GLAUCOMA

OFTEN HAS
no visible symptoms



Anyone can get glaucoma - from children to senior citizens



Once diagnosed, treatment for glaucoma can start immediately



Glaucoma is a group of diseases that damage the eye's optic nerve.



A healthy optic nerve is necessary for good vision.



When pressure increases on the optic nerve glaucoma can develop



Not every person with increased eye pressure will develop glaucoma



“Low-tension” glaucoma develops without increased eye pressure

BLACK AFRICAN AND CARIBBEAN people are 4x to 8x MORE AT RISK OF DEVELOPING CERTAIN FORMS OF GLAUCOMA



MEN

ARE 16% MORE LIKELY — TO HAVE —
serious sight loss
FROM GLAUCOMA
through presenting late **AT THE EYE CLINIC**

RISK FACTORS for developing glaucoma include:



Racial ancestry



Age



High pressure within the eye



Severe near-sightedness



Family history

IN DEVELOPED COUNTRIES UP TO

50%

OF PEOPLE AFFECTED BY GLAUCOMA

DONT EVEN KNOW

THEY HAVE IT!

LIVING WITH GLAUCOMA

A Golden Girl's Viewpoint

We sat down with 81-year-old Golden Girl Beatrice and asked her to share how living with Glaucoma has impacted her everyday life.



“A positive attitude is especially important when you’re older. You’ve got to get out there and look after yourself.”

Beatrice, you’ve been living with Glaucoma for the past 9 years - how were you first diagnosed?

A routine check-up at the opticians picked up something strange, so they sent me upstairs for a field test and that’s when they diagnosed me. I was then sent to the hospital to see a consultant who examined me and did some tests to confirm I had Glaucoma. He told me I’d have to put eye drops into both my eyes for the rest of my life. I now go to the opticians every 6 months for a check-up.

Did you experience any symptoms of Glaucoma e.g. hazy vision, eye and head pain, nausea, vomiting, rainbow coloured circles around bright lights, sudden sight loss?

I had absolutely no idea I had Glaucoma. I didn’t experience any symptoms like hazy vision, eye or head pain, feeling sick or anything like that. One minute I was having a routine check-up, the next I was told I had Glaucoma.

Is there a family history?

No-one else in the family, as far as I know, has ever been diagnosed with Glaucoma, even though we all wear glasses. However, as the most common type of Glaucoma is hereditary, my daughter, Pauline, now gets free eye checks where she has a puff of air blown into each eye to check the pressure behind her eyeballs.

What treatment have you received to treat the condition?

I’ve been given eye drops by the doctor and have been told to put one drop in each eye at bedtime EVERY NIGHT. If I don’t do this the pressure behind my eyes will build and eventually cause me to lose my vision.

Has your Glaucoma got worse since you were diagnosed?

I’ve had “floaters” in my vision before, which are pieces of skin that break away from behind my eye, and these are a direct result of my Glaucoma. I also developed cataracts and needed these

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surgically removed from both of my eyes, although this wasn't linked to my Glaucoma.

How has having Glaucoma affected your daily life? Are there certain things you now find more difficult?

Reading can sometimes be difficult as my eyes aren't what they used to be. But I have a friend called Joyce, who is living with Macular Degeneration, and every week we go to a Visionary Blind Society in Blackpool called N-Vision, where I've learnt a lot of things I didn't know before. For example, it's better for me to read black text on yellow paper than on white paper.

I've also found that sometimes when I'm tidying up, I can be looking for an object which is right in front of me, only I can't see it! But then I look away for a couple of seconds and when I turn back to look for it, I see it straight away and pick it up. It's very strange.

What is your diagnosis going forward? Have you been told your eyesight may deteriorate?

The doctor has told me there is no cure for Glaucoma. I can't have an operation to put it right or anything like that. I have to

just keep putting my drops in every night because if I don't I will lose my vision. It's as simple as that.

Have you been given advice on how to prevent your Glaucoma from worsening?

I do everything the doctor tells me and consequently I'm tip-top. I never miss a day of putting my eye drops in and as a result the pressures behind my eyes have always been very good whenever I'm tested.

What are your worries about living with Glaucoma?

I've never been a moaner and I don't see what good worrying does. When it comes to life throwing you curveballs you've just got to stay positive and get on with things. I think your attitude towards things is especially important when you're older – you've got to keep getting out there and looking after yourself. I look after myself. I never think I'm going to get worse so I don't consider the worst case scenario.

What advice would you give to someone who has just been diagnosed with Glaucoma?

You've got to stay positive otherwise you'll end up going downhill. The older you get, the more you've got to fight.

WHAT IS A FIELD TEST?

When conducting a field test, an optician will escort you to a small, dark room and give you a handheld button to hold. They will then tell you look down a lens and press the button every time you see a flicker of light. Each of your eyes will be tested separately and the light will appear in four different quadrants as you look down the lens, to test the quality of your central and peripheral vision.

It takes about 10 minutes for each eye and will be performed every 6 months.

GLAUCOMA-FRIENDLY GIFTS

Great for increasing independence



Night Light with Motion Sensor

Stay safe in the dark with this plug in wall light which turns on automatically when it senses movement



High Vision Floor Standing Lamp

Designed to reduce eye strain by creating a more natural light, this floor lamp is ideal for anyone with a visual impairment

GLAUCOMA-FRIENDLY GIFTS

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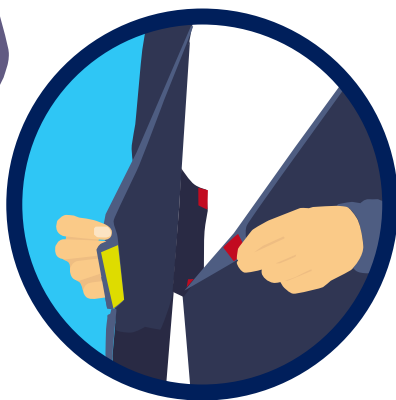


Easy to See Radio Controlled Wall Clock

The large numbers and contrasting colours on this wall clock make it much easier for those with low vision to read the time

Red Rimmed Plate and Bowl

The bright red rim of this plate and bowl not only looks great but also makes it easier for those with a visual impairment to pick up safely



Su Jersey Wrap Dress

The colour coordinated internals of this stylish dress (red for right, lime for left) make dressing simple and easy

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