

Glaucoma Risk

You have been diagnosed with glaucoma risk. Glaucoma is a silent disease in which the pressure in your eye becomes too high for your optic nerve to tolerate. This results in damage to the optic nerve which manifests as a decrease in peripheral vision, and can take away central vision in severe cases. Glaucoma is a disease which progresses slowly over months or years, typically no days or week. Unfortunately, if the loss of vision occurs it is irreversible, so glaucoma treatment is based on prevention of damage. It is generally an easily treatable disease. A glaucoma diagnosis does not mean that you will lose your vision.

Things you can do to help mitigate this risk are as follows:

- Refrain from smoking and get regular exercise. We recommend getting exercise that involves an elevated heart rate for a duration of at least 20 minutes, at least 3 times a week per the American Heart Association guidelines.
- Have regular follow ups with your doctor. This is important because peripheral vision changes are usually not obvious to you until they have become significant. Your doctor can detect, monitor, and when necessary treat subtle changes in your peripheral vision and optic nerve. The glaucoma evaluation must include not only measuring the eye pressure, but also a regular inspection of the optic nerve and testing of the visual field.
- Take any prescribed eye drops every single day as indicated.