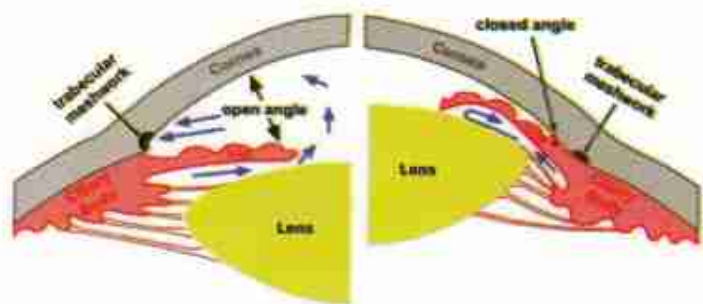


GLAUCOMA

Open Angle Glaucoma

Most common form of glaucoma, the eyes drainage canals become clogged over time. The IOP rises because the correct amount of fluid can't drain out of the eye.



Angle Closure Glaucoma:

This type of glaucoma is also known as acute or narrow angle glaucoma, where the iris is not as wide and open as it should be.

Check Yearly... See Clearly

GLAUCOMA

What You Need to Know



What is Glaucoma?

Glaucoma is a specific pattern of optic nerve damage and visual field loss caused by a number of different eye diseases which can affect the eye. Most, but not all of these diseases, are characterized by elevated intraocular pressure, which is not the disease itself, but the most important risk factor for the development of Glaucoma.

- Glaucoma affects people of all ages and all races.
- Nearly half of all persons with glaucoma are unaware of it.
- People of African descent are 4-6 times more likely to have glaucoma.
- 67,000,000 people worldwide have glaucoma.

Glaucoma-Leading Cause of Preventable Blindness in the World

Glaucoma is actually a number of eye diseases, many of which are caused by increased pressure in the eye, resulting in damage to the optic nerve, and which can result in blindness.

Think your eye as a sink, in which the faucet is always running and the drains is always open. Fluid (aqueous humor) constantly circulates through the eye. This fluid is produced by a tiny gland, called the ciliary body, which is located behind the iris. The fluid also provides the necessary pressure to help maintain the shape of the eye. This pressure is called IOP, or intraocular pressure.

Are there any symptoms?

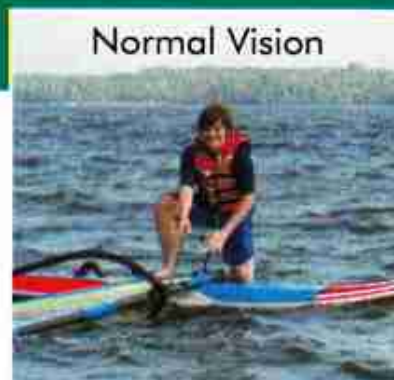
Glaucoma is often called the **'sneak thief of sight'** because most patients have no symptoms from glaucoma. The only way to detect glaucoma is to have your eyes checked regularly by an eye care professional / ophthalmologist.

Who is at risk for glaucoma?

Everyone should be concerned about glaucoma and its effects. 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. There are a few conditions related to this disease which tend to put some people at greater risk. This may apply to you if :

Check Yearly... See Clearly

- You are over 45 and have not had your eyes examined regularly
- Someone in your family has a history of glaucoma
- You have abnormally high intraocular pressure
- You are of African descent
- You have diabetes
- Myopia (nearsighted)
- Regular, long-term steroid/cortison use
- Previous eye injury



How Often Should You Get your Eye Examined

	If you have no risk factors for glaucoma*	If you have risk factor for glaucoma*
Under 45 years old :	Every 4 years	Every 2 years
45 years & older :	Every 2 years	Every year

If you are diagnosed with glaucoma, your doctor will set a treatment cycle based upon your medical needs.

* Risk factors for glaucoma

Family history, myopia (nearsightedness), previous eye injury, low blood pressure, African descent, diabetes, long exposure to cortisone.

Treatment of Glaucoma

Glaucoma can be treated with eyedrops, pills, laser surgery, eye operations or a combination of methods. The purpose of treatment is to prevent further loss of vision. This is imperative because loss of vision due to glaucoma is irreversible. Often, keeping your intraocular pressure under control is the key to preventing loss of vision.

Is There A Cure?

When the pressure in the eye builds, the nerve cells that make up the optic nerve and their blood supply become compressed, causing them to become damaged and, eventually, die. The death of these cells results in permanent visual loss, but early diagnosis and treatment of glaucoma can prevent this from happening.

Check Yearly... See Clearly

At this time, there is no cure for glaucoma. However, many treatments exist to help control damage from glaucoma. By decreasing IOP that will prevent the damage on nerve cells. Early detection and treatment almost always prevent blindness. Patients, working with their doctors, can follow a prescribed treatment plan, designed to prevent further damage or blindness.

How do I find out if I have glaucoma?

Your eye doctor can perform a series of simple tests which will help to determine whether you have glaucoma or likely to develop the disease even before you have any symptoms.

How do I minimize the risk of getting glaucoma?

The most important thing you can do to protect your vision from glaucoma is to have regular eye exams. If your eye doctor finds that you have the disease or that you are at risk for the disease, he or she can recommend treatment to minimize the risks or the effects of the disease.

DOs & DON'Ts of Glaucoma

- Stock the medicine before they run out; it is important to continue medication on schedule.
- Taking multiple eye drops at the same time reduces effectiveness. Wait for 5 minutes between drops.
- Do not increase the number or amount of medication taken at one time. 'If some is good, more must be better' does not hold true.
- If possible, keep eye drops in the refrigerator. When cold, it is easier to tell if drops have gotten into the eye.
- Do not stop taking medication just because you have no obvious symptoms.
- Take all prescribed doses. Missed doses reduce the effectiveness of treatment.
- Remember to take medications with you when you travel.
- Learn how to take eye drops properly -- ask your doctor for help.
- Maintain a journal with your medication schedule and lists of treatments and doctors.

Shanti Eye Hospital

102-03, Shiv Shakti Complex, Sampatrao Colony,

B/h. Ivory Terrace, Alkapuri, Vadodara.

Ph.: (0) 2353530, 6623530

Time : 10.00 a.m. to 12.00 noon & 5.00 p.m. to 7.00 p.m.

Sainath Towers, G.P.O. Kharivav Road,

Raopura, Vadodara.

Ph. (0) 2432630

Time : 12.30 p.m. to 2.00 p.m.

www.shantieyehospital.com · info@shantieyehospital.com

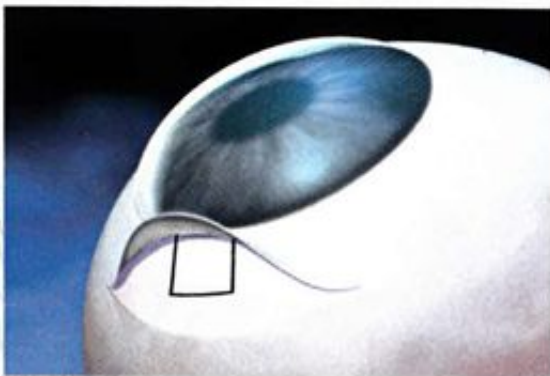
Saturday Evening & Sunday Closed

How is Glaucoma Surgery Performed?

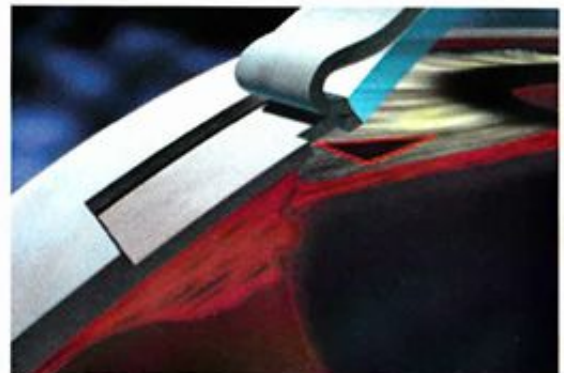
Your doctor may inform you that a microsurgical drainage surgery known as trabeculectomy is necessary to help control your eye pressure. In this procedure, your doctor will create a small opening under the white part of the eye (sclera) adjacent to the black part of eye (cornea) to form a drainage channel.

When successful, a reduced eye pressure will result, and the eye fluid will drain away from inside the eye to form a filtering bleb (a blister-like bump) on the white part of the eye usually hidden under the eyelid.

Example of Glaucoma Filtering Surgery



1. Make conjunctival and scleral flap



2. Create fistula under scleral flap



3. Suture scleral flap



4. Close conjunctival flap watertight

A glaucoma surgery can take up to an hour and can be carried out either under a local or general anaesthetic. The doctor will discuss which option is most suited to you.

What are the Benefits?

The benefit of glaucoma surgery is to lower pressure inside your eye and stop nerve damage leading to vision loss. While nerve damage cannot be reversed, but successful surgery will prevent your blindness.

After a successful glaucoma surgery, it may be possible to stop or reduce the use of eye drops. In the long term, lifelong medicine cost may be reduced, and quality of life improved.

What are the Risks?

Eye scarring is a major cause of surgical failure in glaucoma surgery. Chemicals like mitomycin C (MMC) and 5-fluorouracil (5FU) are commonly used in the surgery to prevent post-surgical scarring.

These chemicals are toxic and expose your eye to complications, such as weaken eye surface, unwanted fluid leakage, serious infection and born abnormal babies in pregnant woman.

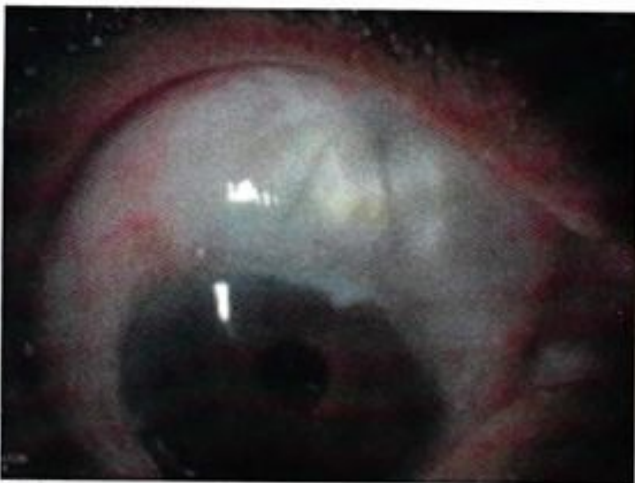
Your doctor will discuss risks involved in using these chemicals.

What Are Other Safe Options ?

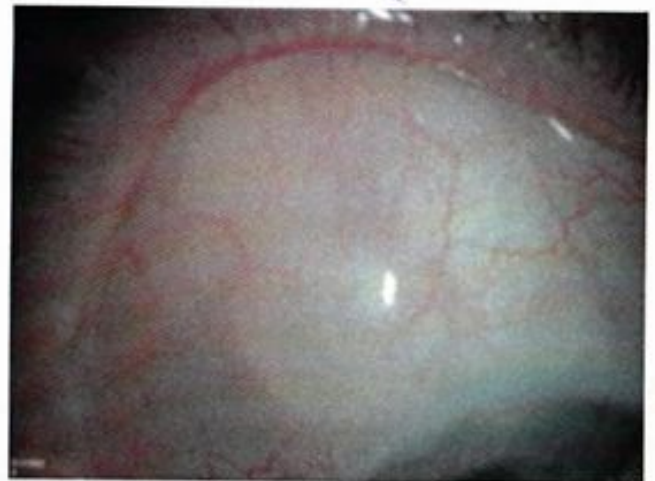
Your doctor will discuss you what other safe surgical options are available to you.

Collagen Implant

Collagen implant avoids risks of scarring in eye surgery. Implantation of collagen matrix results wound healing with healthy eye surface. Glaucoma surgery with collagen implant is a successful time-tested safe procedure, and have saved thousands patients from progressing to glaucoma blindness. The most commonly used collagen implant is ologen[®] Collagen Matrix.



Example with MMC



Example with collagen matrix

Glaucoma Drainage Device

Glaucoma drainage devices (GDD) are typically used in severe uncontrolled glaucoma. Glaucoma drainage devices are designed to divert water flow from inside eye to an external reservoir. The device will stay permanently inside your eye. The most commonly used GDD is Ahmed glaucoma valve.

Your doctor will advise about which safe option is most suited to you.

What Are Precautions After Glaucoma Surgery ?

- Your sight may be blurred temporarily after surgery
- Your eye will be watery for a short period of time
- You may have a gritty sensation in the eye for a week or two
- Mild pain can be relieved by taking paracetamol
- Your doctor will advise you which eye drops to use after surgery
- You will be advised to schedule clinic visit for eye checkup
- You should not rub your eye and should avoid strenuous exercise
- You should wear sun glasses if bright light causes discomfort

We hope you find this information helpful to you in making your decision whether to proceed with surgery.