

xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx

EXTRA INFORMATION FOR DOCTOR’S ROLE

**Glaucoma** is a group of eye diseases that gradually steal sight without warning. Vision loss is caused by damage to the optic nerve, which is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma; however, medication or surgery can stop or prevent further vision loss. Although intraocular pressure (IOP) is clearly a risk factor, there are other factors involved. For instance, being African descendant or Asian, being over 60 years old, being Hispanic of older age groups, having a family history of the disease, having used steroids or having injured the eye. Besides, diabetes, hypertension and high myopia are also possible risk factors.

Adult glaucoma fall into two **categories**: open-angle glaucoma and closed-angle glaucoma.

**Diagnostic tests**: For early detection patients after age 60 should go through regular and complete eye exams, for example, tonometry and ophthalmoscopy.

***Tonometry*** measures the inner pressure of the eye. ***Ophthalmoscopy*** is used to examine inside the eye, especially the optic nerve. If the pressure in the eye is not in the normal range, or if the optic nerve looks unusual, two special glaucoma tests will be done.

***Perimetry***: It’s a visual field test, and it help to draw “a map” of the peripheral vision.

***Goniometry***: It’s a painless test that checks if the angle where the iris meets the cornea is open or closed.

**Treatment** may include medication (eye drops) or surgery to lower the pressure in the eye and prevent further damage of the optic nerve.

Medications: Adrenergic, alpha antagonist, beta blockers, cholinergic, prostaglandin analogs...

**Surgery**: Laser surgery, filtering microsurgery, selective laser trabeculoplasty/trabeculotomy.

Trabeculoplasty is the most common procedure for open-angle glaucoma. It takes about 20 minutes, it’s painless and ambulatory. An hour or two after the operation, the doctor checks IOP. It might take a few weeks to see the full pressure-lowering effect of the procedure, during which time the patient may have to continue taking medications.

**Complications** may occur although they aren’t expected; the laser procedures have proven very effective. They may include intraoperative or postoperative hyphema, hypotony, complications of filtering or cyclodestructive procedures.