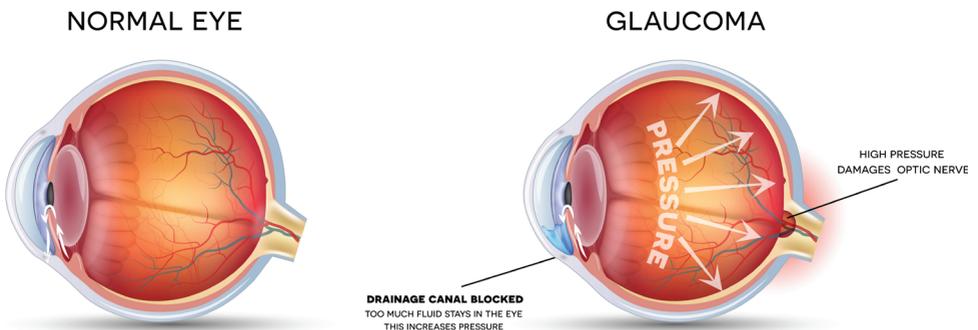


**Putting Vision First**

# GLAUCOMA

Glaucoma is a condition that damages the optic nerve fibres of the eye. It is a group of conditions usually associated with the build-up of pressure inside the eye. It occurs mostly in the later part of one's life and is a condition that worsens with time. Genetic predisposition, where the condition runs in the family, is a high-risk factor.

Glaucoma is a silent disease where most people do not have any symptoms. It is essential to consult your ophthalmologist regularly to diagnose and treat glaucoma before it leads to long-term vision loss.

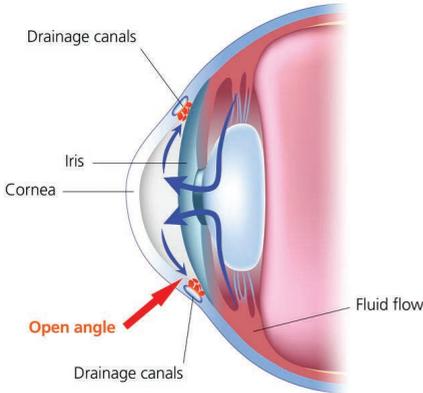


## CAUSES

Glaucoma is the direct result of damage to the optic nerve. The optic nerve fibre, which is responsible to send images to your brain, being damaged means hampered field of vision. When the nerve deteriorates, blind spots develop in your field of vision. Such nerve damage is related to increased pressure in the eye known as intraocular pressure. It builds when the flow of aqueous humour, a fluid in the eye, is blocked or obstructed. It drains out usually through a tissue called the trabecular meshwork, placed in a specific angle where the iris and cornea meet. When the aqueous humor is produced excessively or the drain area is blocked, the flow of the fluid can't happen in its normal pace and hence the pressure in the eye increases. There are also cases of glaucoma known as normal tension or low tension glaucoma, where the pressure is within normal limits.

# SYMPTOMS

While there are many kinds of glaucoma and can affect people differently, there are two main kinds that occur broadly:



**Open angle / Wide Angle glaucoma:** This is the most commonly observed type of glaucoma. Here, although the drain structure for the aqueous humour, (known as trabecular meshwork) is fine. The pressure builds because the fluid doesn't drain smoothly.

Common symptoms for this type of glaucoma are:

- Tunnelling of vision in the advanced stages

## **Acute / Narrow Angle-closure glaucoma:**

This is a type of glaucoma that appears generally, but is predominantly seen in Asian people. In this type, the drainage doesn't flow freely as the drain space between the iris and cornea narrows down, blocking the flow. This causes a sudden increase in the pressure of your eye.

Common symptoms for this type of glaucoma are:

- Severe headaches
- Pain in the eye
- Nausea and vomiting
- Blurred vision
- The appearance of halos around lights
- Redness in the eye





## DIAGNOSIS

Glaucoma is diagnosed with an all-round and thorough evaluation of the eye by an ophthalmologist. Because it doesn't show symptoms early in the development of the condition, regular examinations of the eye, especially with a family history of the condition, is recommended. The following tests and examinations are undertaken to accurately diagnose the condition:

**Visual acuity test:** The clarity and sharpness of your vision is assessed with this test. Each eye will individually be examined by making you see letters of different sizes placed at a distance.

**Tonometry:** This diagnostic test is used to gauge the pressure built inside your eye.

**Gonioscopy:** Using a slit lamp along with a special lens called gonioscope, it helps to view the anatomical angle formed between the cornea and iris.

**Fundoscopy:** Examines the fundus (the inner side of the back in the eye), and evaluates the macula and optic nerve for diseases that could be contributing to the vision loss.

**Pachymetry:** It is a simple test done using a Pachymeter to measure the thickness of the cornea. The accuracy of the measurement gives better clarity about the pressure built in the eye and thereby helps develop the right course of treatment.

**Visual Field Test:** The test helps to detect the dysfunction in central and peripheral vision. It is performed clinically by keeping the patients sight fixed while presenting objects at various places within their field of vision using a special equipment called Visual Field Analyzer.

**Nerve Fibre Analysis:** It is carried out with sophisticated laser scanning and digital image processing techniques to evaluate the optic nerve and the retinal nerve fibre layer.



# TREATMENTS

Unfortunately, permanent loss of vision or total blindness cannot be reversed. But lowering and keeping the intraocular pressure in the eye can help to manage the progression of the disease. It is observed that Glaucomatous damage, is preventable with a proper treatment plan and regular eye exams, where people have a better chance to slow down the progression of the disease.

At MIOT International Total Eye care, our ophthalmologists ensure to thoroughly diagnose the condition and will explain the best course of correction to be undertaken and why it is optimal.



**Eyedrops / Medication:** Primary treatment for Glaucoma is done using prescription eyedrops. These drops help balance fluid production, increase drainage and control the pressure created in the eye. There are many types of eyedrop medications that can be used for this condition like Beta Blockers, Prostaglandins, Carbonic Inhibitors etc. But, because glaucoma is a chronic condition, the usage eyedrops might have to be done for life.

**Laser procedure:** Laser procedure can help treat the various types of Glaucoma. Laser iridotomy, for instance, opens the angle for better flow. Trabeculoplasty opens the drainage area. All Laser procedure is done with the aim of improving the drainage of the aqueous humour, reducing intraocular pressure, thereby preventing damage to the optic nerve and the loss of vision or blindness that results.

**Microsurgery:** Also known as Trabeculectomy is a procedure where the doctor creates a new channel to drain the fluid and reduce the pressure developed in the eye, preventing the damage to the optic nerve.

# WHAT CAN I EXPECT FOLLOWING GLAUCOMA PROCEDURE?

The procedures done at MIOT International Total Eye Care are simple, one-day outpatient procedures. Since glaucoma develops gradually, post diagnosis, preliminary treatment is done using eye drops and medication. Progress of the patient is closely monitored, so that timely intervention can be provided to prevent the loss of vision. Post procedure care includes eye drops, prescribed to help regulate and prevent further damage that may be caused to the optic nerve. Although everyone heals differently, most patients see well enough to return to their routine activities within a few days post recovery.

MIOT International Total Eye Care has all the provisions, from the best experienced staff, technicians to the best in class products and infrastructure. And we ensure to provide the best care in every manner to get the best result for you: better vision. Because at MIOT International Total Eye Care our mission is “Putting Vision First”.





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