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GLAUCOMA

APRIL IS WOMEN'S EYE SAFETY MONTH!



Let's talk about Glaucoma! "The silent sleep of night"

What is Glaucoma?

According to the American Academy of Ophthalmology, "Glaucoma is a disease that damages your eye's optic nerve. It usually happens when fluid builds up in the front part of your eye. The extra fluids increase the pressure in your eye, damaging the optic nerve." (Boyd, 2017)

Facts about Glaucoma:

- Leading cause of blindness for adults over the age of 60
- Two types of Glaucoma – primary open angle and narrow angle
- Blindness from Glaucoma can be prevented through early detection and treatment.

References

Boyd, K. (2017). What is Glaucoma?

<https://www.aao.org/eye-health/diseases/what-is-glaucoma>

<https://www.preventblindness.org/five-things-women-need-know-about-eye-health>

Thompson, et al, (1997) Clinical Nursing, The Eye. Mosby.

<https://www.webmd.com/eye-health/glaucoma-eyes#2>

Signs and Symptoms of Glaucoma

With open-angle glaucoma, there are no warning signs or obvious symptoms in the early stages. As the disease progresses, blind spots develop in your peripheral (side) vision. It is called the silent sleep of night because it shows no signs until it is already too late.

People at risk for narrow angle or angle-closure glaucoma usually show no symptoms before an attack. Some early symptoms of an attack may include blurred vision, halos, mild headaches or eye pain.

An attack of angle-closure glaucoma includes the following: severe pain in the eye or forehead, redness of the eye, decreased vision or blurred vision, seeing rainbows or halos, headache, nausea, and or vomiting.

How do you test for Glaucoma?

Your eye doctor will use drops to open (dilate) your pupils; test your vision and examine your eyes. The optic nerves will be checked for any abnormalities. Photographs of the optic nerve will be taken, to help track your disease over time. The doctor will do a test called tonometry to check your eye pressure. A visual field test may be done to figure out if peripheral (side) vision has been lost. Glaucoma tests are painless and take very little time.

How is Glaucoma treated?

Your eye doctor may use prescription eye drops, laser surgery, or microsurgery. Infant or congenital glaucoma -- meaning you are born with it - is primarily treated with surgery, because the cause of the problem is a distorted drainage system.

Can You Prevent Glaucoma?

No. But if you diagnose and treat it early, you can control the disease.

Did you know? More women than men are at risk for vision loss from eye diseases such as cataracts, glaucoma and macular degeneration. Menopause can cause dry eyes; women in early menopause are more at risk for developing eye surface damage.

A woman caring for her eye health positively impacts those around her.