

Glaucoma



1. Glaucoma is an eye disease in which the normal fluid pressure inside the eye rises. This rise in pressure is caused by reduced drainage out of the eye. As the pressure rises, the optic nerve and other nerve tissue is damaged. Sometimes the pressure does not rise, but the nerve tissue slowly starves from poor blood supply and less food. The end result of damaged nerve tissue is the same.

2. Nearly 3 million people in the U.S. have glaucoma. Some people are at higher risk:

- ◆ African Americans over the age of 40
- ◆ People over the age of 60
- ◆ Those with a family history of glaucoma
- ◆ People with diabetes mellitus

3. At first, there are no symptoms. Later, there is some loss of side vision. Objects straight ahead are seen clearly, but objects to the side are missed. As the disease worsens, more side vision is lost.



4. Glaucoma is detected by checking the optic nerve for damage. Side vision testing (visual field testing) and fluid pressure testing are also done.

View with glaucoma

5. Glaucoma is treated with eye drops or pills. These drugs work to either make less fluid or to improve its drainage out of the eye. Laser or surgery are later options.

6. Glaucoma is chronic (life-long). You should expect to be on treatment for life. Regular visits with your doctor are needed to watch for changes in pressure and side vision.

7. Please call the VA Northwest Network Call Center and 1-888-233-8305 with any problems or questions. They are available 7 days a week, 24 hours a day.

8. Your next appointment is _____.

Please call the VA Northwest Network Call Center at 1-888-233-8305 with any problems or questions. They are available 7 days a week, 24 hours a day. They can advise you and can contact the eye doctor on-call for emergencies

Your glaucoma medications are:

- a. **Name of medicine** _____
Color of cap or label _____
Dosage frequency or timing of doses _____
Possible side effects _____
- b. **Name of medicine** _____
Color of cap or label _____
Dosage frequency or timing of doses _____
Possible side effects _____
- c. **Name of medicine** _____
Color of cap or label _____
Dosage frequency or timing of doses _____
Possible side effects _____
- d. **Name of medicine** _____
Color of cap or label _____
Dosage frequency or timing of doses _____
Possible side effects _____