



# DON'T BE BLINDSIDED BY GLAUCOMA.

January is Glaucoma Awareness Month

Glaucoma is a group of eye conditions that result in damage to the optic nerve. The damage is generally caused by an increase in intraocular pressure (eye pressure), which is usually a result of fluid backing up in the eye. This can be caused by too much fluid or a blocked drainage angle.

If not treated properly, glaucoma can result in vision impairment, vision loss, and blindness. In fact, glaucoma is the second-leading cause of blindness around the world. The best way to prevent glaucoma is by scheduling a comprehensive eye exam with your eye doctor regularly.

## TYPES OF GLAUCOMA

- Primary Open-Angle Glaucoma – roughly 90, which is caused by increased eye pressure due to fluid not draining from the eye properly.
- Normal-Tension Glaucoma – also known as normal-pressure or low-tension glaucoma, have a damaged optic nerve, despite normal eye pressure levels.
- Acute Angle-Closure Glaucoma – also called acute angle-closure glaucoma or narrow-angle glaucoma, a medical emergency
- Congenital Glaucoma – roughly 1 in every 10,000 babies are born with an eye problem that prevents fluid from draining properly. This type of glaucoma is called congenital glaucoma that can result in blindness within days if not treated.

## COMMON SYMPTOMS OF GLAUCOMA

- Needing more light in order to see clearly or properly
- Blurry vision or distorted vision
- Frequently seeing glares
- Difficulty seeing objects to one side or both sides
- Letters appear to fade when reading something
- Seeing too much light or more light than usual
- Some areas in your visual field appear dark or missing completely
- The feeling as if you're looking through dirty or messy glasses
- The feeling as if you're looking through clouds or heavy fog

# GLAUCOMA AWARENESS MONTH

IEHW: Physical Wellness Management: 018 200 8308  
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## TYPES OF GLAUCOMA VISION



Normal Vision



Early Glaucoma



Advanced Glaucoma



End Stage Glaucoma

## WHO'S AT AN INCREASED RISK OF GLAUCOMA?

- Glaucoma can happen to anyone and at any time.
- More common in older adults – more specifically, those above the age of 40
- Common in those with parents that have glaucoma.
- Anyone with **diabetes, high blood pressure, or heart disease**
- Anyone that experiences an **eye injury that damages the optic nerve**
- Those with a **thin cornea** (front surface of the eye)
- Anyone with abnormally-**high intraocular pressure**
- Those that experience **complications due to eye surgery**
- Those that use **steroid eye drops or steroid pills**

## HOW CAN I PREVENT IT?

- Glaucoma cannot be prevented but it can be controlled so that it does not get worse
- Follow a healthy lifestyle with lot of fruits and vegetables on your diet
- Avoid unnecessary eyes strain, give your eyes a break every 20min or so
- Avoid tobacco smoke, alcohol and caffeine
- Visit eye care profession regularly when you are the age of above 40years to detect high pressure in the eye
- Have earlier checkups if there is a family history of Glaucoma