



## Glaucoma Effects and Managing Tips for Better Vision

**Jennifer Mark Caro\***

Department of Ophthalmology, NYU Langone Health, NYU Grossman School of Medicine, New York, United States of America

\*Corresponding author: Jennifer Mark Caro, Department of Ophthalmology, NYU Langone Health, NYU Grossman School of Medicine, New York, United States of America; E-mail: jenncaro@nyu.edu

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### Description

Glaucoma is a chronic eye disease that damages the optic nerve and can lead to vision loss if left untreated. Although there is no cure for glaucoma, early detection and treatment can help slow its progression and preserve the vision.

### Effects of Glaucoma

Glaucoma is a chronic eye disease that damages the optic nerve and can lead to vision loss if left untreated. The effects of glaucoma depend on the type and severity of the disease. Here are some common effects of glaucoma:

#### Vision loss

Glaucoma can cause gradual vision loss, usually starting with peripheral vision and eventually leading to central vision loss. Without treatment, glaucoma can cause blindness.

#### Blind spots

As glaucoma progresses, blind spots may develop in the visual field, making it difficult to perform everyday activities such as driving and reading.

#### Eye pain

Some types of glaucoma, such as angle-closure glaucoma, can cause eye pain, headaches, and nausea.

#### Halos around lights

People with advanced glaucoma may experience halos or colored rings around lights, making it difficult to see clearly.

#### Increased eye pressure

Elevated eye pressure, which is a major risk factor for glaucoma, can cause discomfort, redness, and swelling in the eye.

### Depression and anxiety

The effects of glaucoma on vision can cause depression and anxiety, as well as social isolation and reduced quality of life.

It is important to have regular eye exams with an eye doctor to detect and treat glaucoma early, before it causes significant vision loss or other complications. Treatment options for glaucoma include eye drops, oral medication, laser treatment, or surgery, depending on the type and severity of the disease.

Here are some tips for managing glaucoma for better vision:

### Regular eye exams

It is important to have regular eye exams with an eye doctor to check for any signs of glaucoma. The American Academy of Ophthalmology recommends that adults with no signs or risk factors for eye disease have a baseline eye exam at age 40, and then follow-up exams as often as recommended by their eye doctor.

### Follow the doctor's treatment plan

If a person has to been diagnosed with glaucoma, eye doctor will recommend a treatment plan that may include eye drops, oral medication, laser treatment, or surgery. It is important to follow this treatment plan as prescribed to help slow the progression of the disease.

### Monitor eye pressure

Elevated eye pressure is a major risk factor for glaucoma. The eye doctor may recommend monitoring the eye pressure at home using a tonometer or visiting the clinic regularly for this purpose.

### Maintain a healthy lifestyle

Eating a balanced diet, exercising regularly, and avoiding smoking and excessive alcohol consumption can help protect the eyes and improves overall health.

### Protect eyes from injury

Trauma to the eye can increase the risk of developing glaucoma or worsen an existing condition. Wearing protective eyewear when participating in sports or doing activities that could result in eye injury is recommended.

### Educate about glaucoma

Learning about the condition, its symptoms, and treatment options can help people make informed decisions about the eye health and improve overall management of the disease.

By following these tips and working closely with the eye doctor can manage the glaucoma and preserve the vision for years to come.

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