

SUNDAY MORNING HEALTH CORNER

What should you know about Glaucoma?

What is Glaucoma?

Glaucoma happens when pressure in your eye damages your optic nerve and results in vision loss and blindness. The most common form is primary open-angle glaucoma, which is one of the main causes of blindness in the United States.

How Does Glaucoma Cause Vision Loss?

With glaucoma, the fluid within the eye drains too slowly and, as the fluid builds up, the pressure inside the eye rises to a level that may damage the optic nerve.

What Can I Do to Prevent Glaucoma?

African Americans over age 40 are at a greater risk of developing Glaucoma. According to the Glaucoma Research Foundation, regular eye exams are the best form of prevention against significant glaucoma damage.

In general, a check for glaucoma should be done:

- **Before age 40**
Every 2 - 4 years
- **Age 40 to age 54**
Every 1 - 3 years
- **Age 55 to 64**
Every 1 - 2 years
- **Age 65 and older**
Every 6 - 12 months

www.balmingilead.org

620 Moorefield Park Drive, Suite 150
Midlothian, VA 23236
804.644.2256



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