



Glaucoma

Glaucoma happens as the result of a blockage of the flow of aqueous humour, a watery fluid produced by the ciliary body. It is one of the most common and most dangerous eye diseases. It affects all ages, including infants, but can be more common in adults, it can also be called: Ocular hypertension.

Symptoms:

- Sudden cloudy vision
- Severe headache
- Nausea and vomiting
- Severe eye pain
- Eye redness
- Seeing colored rings around lights



Causes:

The back of your eye continuously makes a clear fluid called aqueous humor. As this fluid is made, it fills the front part of your eye. Then, it leaves your eye through channels in your cornea and iris. If these channels are blocked or partially obstructed, the natural pressure in your eye may increase, causing pressure on your optic nerve.

When you should visit the doctor:

If you have symptoms such as severe headache, eye pain, and blurred vision. An annual examination of the eyes is also advisable.

Risk Factor:

- Old age.
- A family history of glaucoma.
- Vision problems.
- Eye injuries.
- Chronic diseases like diabetes, heart disease, high blood pressure.
- Eye problems like thin cornea, optic nerve sensitivity, retinal detachment, eye tumors, and eye infections.



Treatment:

There are different types of glaucoma so the treatment is according to the type. The main methods of treatment include:

- Eye drops to stop the pressure on the eyes.
- Laser treatment to open blocked channels or reduce production of fluids in the eyes.
- Surgery to enhance fluid drainage in the eyes.

Prevention:

- People over 40 years old are advised to have a regular eye examination. People with risk factors are advised to get examined before the age of 40.
- Wearing protective glasses when performing tasks that could involve risks to the eyes.
- Keeping chronic medical conditions like diabetes and hypertension under control.

