

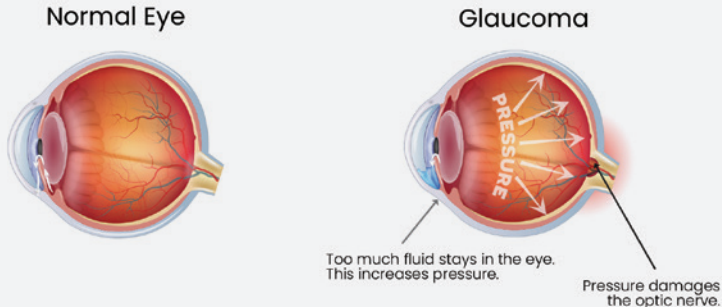
Glaucoma

Your guide to glaucoma types,
symptoms and treatments.



What is glaucoma?

Glaucoma is a group of diseases commonly known as “the silent thief of sight”. The initial vision loss is mainly peripheral and is not readily noticeable. Therefore, you may remain asymptomatic until later in the disease process when most of the vision has already been irreversibly lost. Most, but not all of these diseases are characterised by raised pressure in the eye (intraocular pressure).



What are the types of glaucoma?

There are many types of glaucoma but the two most common forms are:

- **Open-Angle Glaucoma**
This is the most common type of glaucoma in which there is progressive damage to the optic nerve most commonly due to high eye pressure.
- **Angle-Closure Glaucoma (ACG)**
This type of glaucoma occurs in patients who have a narrow drainage angle of the eye, which can result in increased eye pressure & subsequent damage to the optic nerve. This form of glaucoma can be a serious eye emergency and requires prompt treatment by your eye specialist.

How is glaucoma detected and managed?

Glaucoma detection and management involves a battery of tests which can include measuring the intraocular pressure, thickness of the optic nerve with OCT imaging (optical coherence tomography) and a peripheral vision test (Visual field).

For more information about the diagnosis or treatment of glaucoma, please contact The Eye Health Centre or visit our website: theeyehealthcentre.com.au



Normal Vision



Early Stage



Middle Stage



Advanced Stage

How do we treat glaucoma?

Treatment for glaucoma consists of medication such as eye drops, laser therapy or even surgery. The treatment will depend on the individual and the type & severity of the glaucoma. It is important to note that the aim of glaucoma treatment is to slow down the progression of glaucoma to prevent further vision loss. It will not reverse any vision loss that has already occurred.

- **Medicated Eye Drops**
The most common treatment option for glaucoma is the regular use of medicated eye drops. Some drops reduce the amount of fluid your eye produces, and others improve the way fluid drains from your eye.
- **Laser Therapy**
In some cases, laser may be the first option to manage glaucoma. There are different types of laser used to treat glaucoma, such as:
 - **Selective Laser Trabeculoplasty (SLT)** is a special laser applied to the drainage system of the eye to improve the outflow of the fluid in the eye.
 - **Laser Peripheral Iridotomy (LPI)** is a treatment for angle closure glaucoma or as a preventative measure in patients who are at risk of angle closure glaucoma (narrow angles).
- **Minimally Invasive Glaucoma Surgery (MIGS)**
A new class of surgery that offers a safer, less invasive means for lowering intraocular pressure, that is most commonly combined with cataract surgery. They work by allowing better drainage of the fluid of the eye.

Glaucoma risk factors include the following:

Age, race, family history of glaucoma, associated pre-existing medical conditions and trauma.

Can I stop glaucoma from progressing?

Appropriate medical or surgical intervention can prevent or slow the progression of glaucoma. Depending on the circumstances of your case, our doctors may recommend lowering your intraocular pressure through the use of special medications or eye drops, laser treatment, traditional surgery or minimally invasive glaucoma surgery (MIGS). Sometimes two or more of these treatment options are combined.



Dr Andrew Apel *Ophthalmologist*

MBBS (QLD) FRANZCO



Dr John Hogden *Ophthalmologist*

MBBS (UNSW) BMedSc FRANZCO



Bregan Soh *Clinical Optometrist*

*MClinOptom. BVisSc. (UNSW) AdvCertGlauc.
AdvCertChildVis. (ACO)*



Henry Tran *Clinical Optometrist*

BVisSc MOptom AdvCertGlauc (ACO)

Do you have a question or concern about your eye health?

To discuss your condition with an experienced ophthalmologist or optometrist, please contact The Eye Health Centre.



Brisbane

Level 11, 87 Wickham Terrace
Brisbane Qld 4000 | P 07 3831 8606

Aspley

7/1344 Gympie Road
Aspley Qld 4034 | P 07 3863 1097

Wynnum

93 Clara Street
Wynnum Qld 4178 | P 07 3026 2600

Springfield

2/95 Southern Cross Circuit
Springfield QLD 4300 | P 07 3282 4396