



WHAT IS GLAUCOMA?

Glaucoma is an eye disease that can cause vision loss or blindness. With glaucoma, fluid builds up in the eye, which puts pressure on the back of the eye. This pressure injures the optic nerve and causes vision loss. Side vision is often affected first, followed by front vision.

TYPES OF GLAUCOMA

There are two main types of glaucoma:

- **Open-angle glaucoma** often has no signs until it reaches an advanced stage. The pressure slowly damages the optic nerve over time. This affects both eyes but you may have signs in one eye first.
- **Angle-closure glaucoma** has a very fast rise in pressure and sudden signs. Permanent vision loss can occur within one day so it is very important to seek medical care right away.

SIGNS

Glaucoma may have no signs until there is vision loss. Other signs you may have:

- Blurred vision
- Nausea and vomiting
- Red eyes
- Loss of peripheral or side vision
- Halos around lights
- Tunnel vision
- Severe eye pain

RISK FACTORS

You are at risk for developing glaucoma if you:

- Have a family member with glaucoma
- Have diabetes, high blood pressure, heart disease or hypothyroidism
- Are nearsighted
- Have had an injury to the eye, certain eye surgeries or chronic eye inflammation
- Have been taking steroids for long periods of time
- Are over age 60
- Are African-American or Mexican-American
- Are of Asian-American descent – this puts you at

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increased risk for angle-closure glaucoma.

TREATMENT

Your eye doctor may do tests to check your:

- Eye pressure
 - Optic nerve
 - Vision
- Glaucoma cannot be cured and damage cannot be reversed. But with treatment, eye pressure can be decreased and further vision loss can be prevented. Eye drops are the most common early treatment for glaucoma. Other treatments may include oral medicines, laser treatment or surgery. When you have glaucoma, it must be treated for the rest of your life.

YOUR CARE

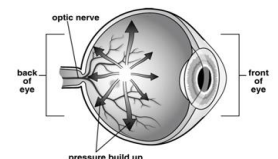
There is no proven way to prevent glaucoma. If increased eye pressure is detected and treated early, it can decrease loss of vision and prevent blindness. Have your eyes checked and tested for glaucoma at least every five years after age 40. If your pressure readings begin to rise, you will need to have eye exams more often.

TO PREVENT INCREASED PRESSURE IN YOUR EYES:

- Find ways to cope with stress
- Exercise regularly
- Limit caffeine
- Eat a healthy diet of fruits and vegetables
- Wear eye protection during work or with sports to prevent injury
- Control your diabetes, high blood pressure, cholesterol and heart disease
- Do not use herbal remedies that are advertised for glaucoma treatment. These are not proven effective and may delay your getting proper treatment.

Talk to your doctor or nurse if you have any questions or concerns.

Sources: The Ohio State University Medical Center, Mount Carmel Health, www.healthinfotranslations.org





甚麼是青光眼?

青光眼是可能導致視力喪失或失明的眼病。青光眼是眼內積液對眼後部產生壓力所致。這個壓力會傷害視神經，導致視力喪失。往往首先受影響的是側向視力，然後是前向視力。

青光眼的類型

青光眼主要有兩類：

- **開角型青光眼**：經常是到晚期才有跡象。眼內壓力慢慢損傷視神經，雙眼均受影響，但可能是一側的眼睛先出現症狀。
- **閉角型青光眼**：眼壓升高很快，症狀突然出現。可能會在一天內造成永久性的視力損失，因此必須立即就醫。

症狀

青光眼在視力喪失之前可能沒有症狀。

其他症狀包括：

- 視力模糊
- 看燈光有暈環
- 噁心和嘔吐
- 視野狹窄
- 眼睛發紅
- 眼睛劇烈疼痛
- 喪失週邊視力或側向視力

風險因素

罹患青光眼的風險因素有：

- 家人患青光眼
- 患糖尿病、高血壓、心臟病或甲狀腺機能減退症
- 近視
- 眼睛曾受傷、某些眼部手術或慢性眼部炎
- 曾長期使用類固醇
- 年齡超過60歲
- 非洲裔美國人或墨西哥裔美國人
- 亞裔美國人患封閉角型青光眼的可能性較高

治療

眼科醫生可能檢查：

- 眼壓
- 視神經
- 視力

青光眼無法治癒，造成的損傷是無法逆轉的。但是通過治療，可降低眼壓，防止視力的進一步喪失。青光眼最常見的治療方法是滴眼液。其他治療方法包括口服藥物、鐳射治療或手術。患青光眼後，終身都必須接受治療。

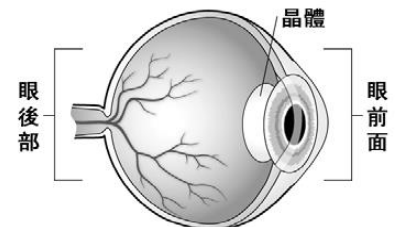
護理

青光眼還沒有明確可靠的預防方法。如果發現眼壓升高，及早接受治療，可減少視力損失，防止失明。年滿40歲後，至少每五年要接受一次青光眼檢查。如果眼壓開始增加，則需要提高眼檢頻率。

如何預防眼壓增加：

- 處理好精神壓力
- 堅持運動
- 限制咖啡因的攝入
- 注意飲食健康，多吃水果和蔬菜
- 工作或運動時採取眼睛保護措施，防止受傷
- 控制糖尿病、高血壓、血脂和心臟病
- 不要使用廣告上說能治青光眼的草藥，因為這些治療方法還沒有得到科學的證明，可能延誤正規治療

如果有任何疑問或擔心，請諮詢醫生或護士。



資料來源：

- The Ohio State University Medical Center
- Mount Carmel Health
- www.healthinfotranslations.org

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