Don’t Let Glaucoma Steal Your Sight!

Know the Facts

Glaucoma is a group of diseases which damage the eye’s optic nerve and can result in vision loss and even blindness.

About 3 million Americans have glaucoma. It is the second leading cause of blindness worldwide.

Open-angle glaucoma, the most common form, results in increased eye pressure. There are often no early symptoms, which is why 50% of people with glaucoma don’t know they have the disease.

There is no cure (yet) for glaucoma, but if it’s caught early, you can preserve your vision and prevent vision loss. Taking action to preserve your vision health is key.

Take Action

There are many steps you can take to help protect your eyes and lower your risk of vision loss from glaucoma.

- If you are in a high-risk group (these groups include African Americans over age 40, anyone over age 60, people with a family history of glaucoma, and people who have diabetes), get a comprehensive dilated eye exam to catch glaucoma early and start treatments.

- Even if you are not in a high-risk group, getting a comprehensive dilated eye exam by the age of 40 can help catch glaucoma and other eye diseases early.

- Maintaining a healthy weight, controlling your blood pressure, being physically active, and avoiding smoking will help you avoid vision loss from glaucoma; these healthy behaviors will also help prevent type 2 diabetes and other chronic conditions.

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