



Healthy Vision Program: Making Vision a Health Priority

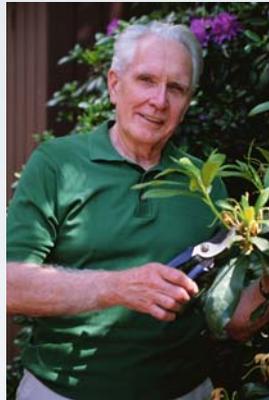
Glaucoma





The Healthy Vision Program is...

Vision is an essential part of everyday life.





The Healthy Vision Program includes...

- Examination and prevention
- Eye disease
- Injury and safety
- Vision rehabilitation



Healthy Vision Program: eye disease objectives

- Reduce visual impairment due to diabetic retinopathy.
- Reduce visual impairment due to glaucoma.
- Reduce visual impairment due to cataract.



What is glaucoma?

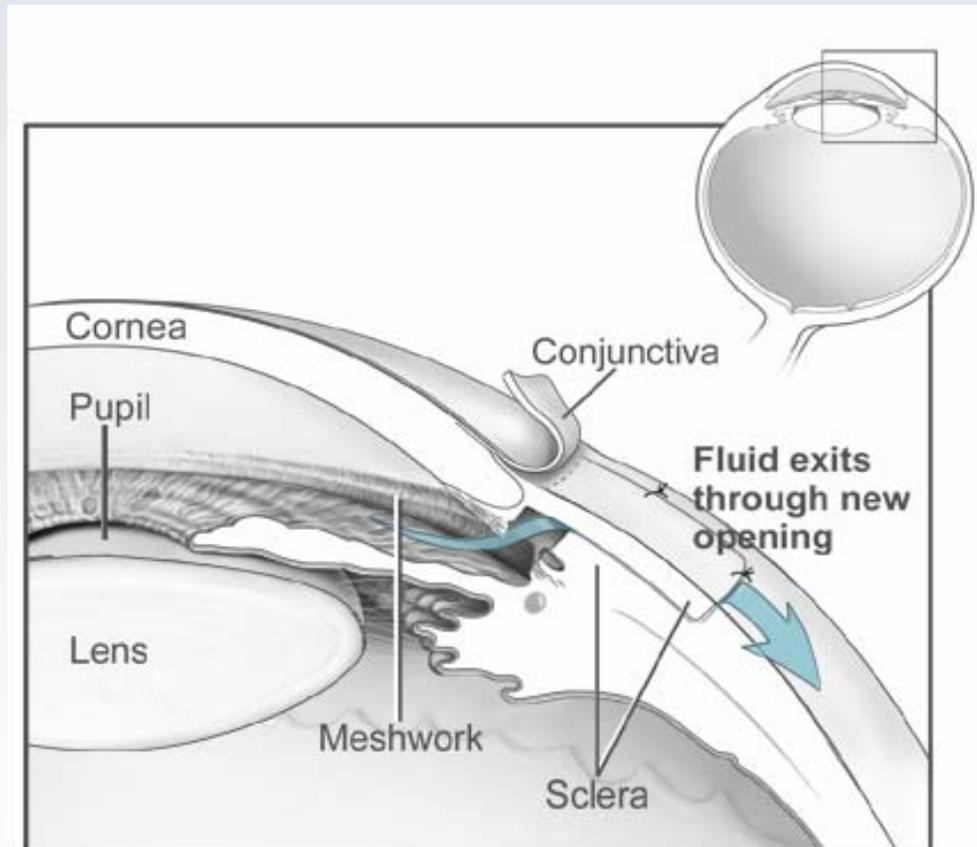
- Glaucoma is a group of diseases that can damage the optic nerve of the eye and result in vision loss.
- Glaucoma has no warning signs.
- Glaucoma causes vision loss, even blindness, when left untreated.



What causes glaucoma?

- In the front of the eye is a space called the anterior chamber. A clear fluid flows continuously in and out of the chamber and nourishes nearby tissue.
- Glaucoma occurs when fluid does not correctly drain and builds up in the eye.
- As the fluid builds up, the pressure in the eye rises to a level that may damage the optic nerve.

What causes glaucoma?





Who is at risk for glaucoma?

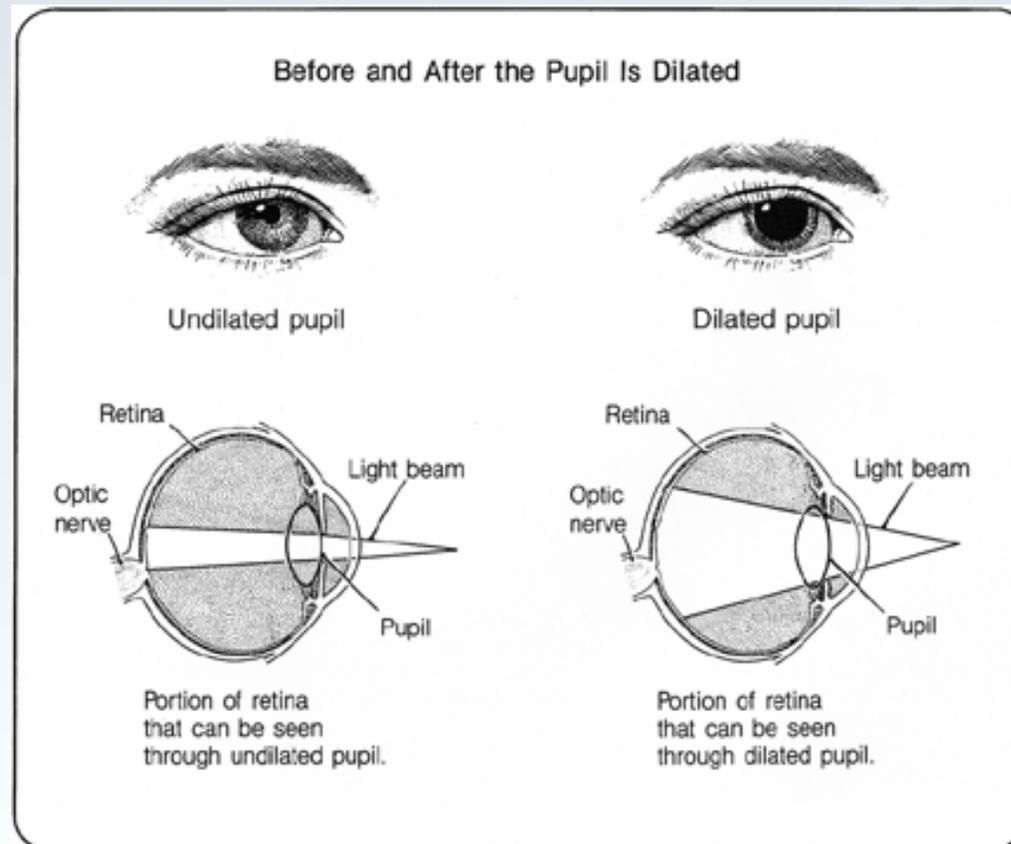
- Everybody over the age of 60, especially Mexican Americans.
- African Americans over the age of 40.
- People with a family history of glaucoma.



How is glaucoma detected?

- Glaucoma can be diagnosed with a comprehensive dilated eye exam.
- In a comprehensive dilated eye exam, an eye care professional uses eye drops to dilate (widen) the pupil to get a better look at the retina and optic nerve.

Dilated eye exam





How is glaucoma treated?

- Glaucoma treatments include medications, laser surgery, conventional surgery, or a combination of these.
- While these treatments may save remaining vision, they do not improve sight already lost from glaucoma.
- That's why early diagnosis and timely treatment are important.



**People at risk for glaucoma
should have a dilated eye
exam every one to two years.**



How the Healthy Vision Program works

The Healthy Vision Program challenges individuals, communities, and professionals—indeed, all of us—to take specific steps to improve the eye health of people living in the United States through prevention, early detection, timely treatment, and rehabilitation.



You can help

- Begin at home
- Become an advocate
- Start something in your community



You can help

- Use the Healthy Vision Program resources
- Add the logo to your Website
- Identify partners to work with you



**Share in the success of the
Healthy Vision Program**



Visit the Healthy Vision Website

[http://healthyvision2010.
nei.nih.gov/](http://healthyvision2010.nei.nih.gov/)



Join the Healthy Vision Consortium

[http://healthyvision2010.nei.nih.gov
/about_hv/join.asp](http://healthyvision2010.nei.nih.gov/about_hv/join.asp)

Contact the National Eye Institute

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U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Eye Institute



Make Vision a Health Priority