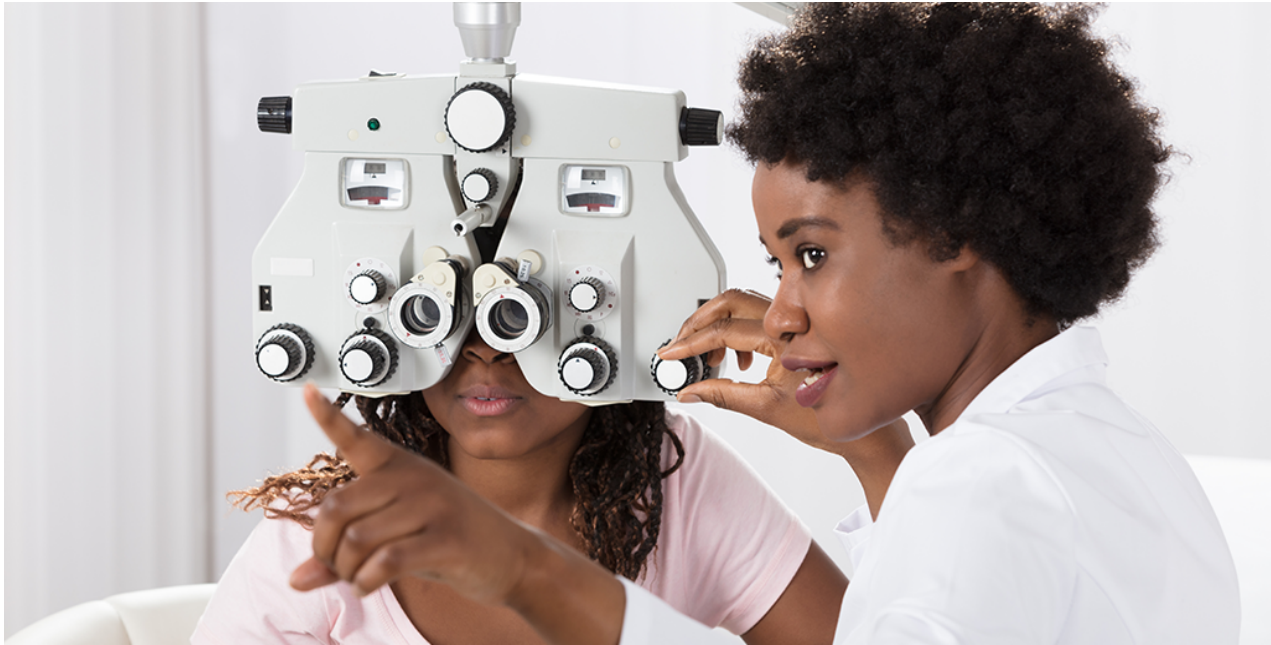


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WellnessWatch



Welcome to **WellnessWatch** -- The Starr Group's monthly digest featuring articles to keep **YOU** current with latest **#health** and **#wellness** trends and fitness buzz. *Be well!*



Topic of the Month: **Glaucoma Awareness**

Glaucoma is a leading cause of vision loss and blindness in the United States.¹

There are many types of glaucoma. Ophthalmologists typically group them into two main categories: open-angle and angle-closure glaucoma. All forms of glaucoma are

characterized by damage to the optic nerve due to internal pressure in the eye which eventually leads to blindness.²

Everyone is at risk of developing glaucoma, but those at higher risk³ include:

- African Americans over age 40
- Everyone over age 60, especially Hispanics/Latinos and Asian heritage
- have high eye pressure
- Farsighted or Nearsighted
- have an eye injury
- used long-term steroid medications
- have corneas that are thin in the center
- have thinning of the optic nerve
- have a family history of the disease
- have diabetes, migraines, high blood pressure, poor blood circulation or other health problems affecting the entire body.

While the damage caused by glaucoma is irreversible, early detection, treatment and regular checkups can help slow or prevent vision loss.

Glaucoma is treated by lowering the eye pressure. Depending on the situation, treatment options include prescription eye drops, oral medications, laser treatment, surgery or a combination of any of these.⁴



Did you know?



- More than three million Americans are living with glaucoma.⁵
- 2.7 million people aged 40 and older are affected by its most common form: open-angle glaucoma.⁵
- Over 520,000 African Americans have Glaucoma. They are at a higher risk, starting at a younger age than any other demographic.¹
- Approximately 5.6 million prescriptions were filled for glaucoma patients in 2001.⁵
- The average direct cost of glaucoma treatment ranges from \$623 per year for patients with early-stage glaucoma to \$2,511 per year for end-stage patients. Getting checked every 2 years starting at age 40 can detect the disease sooner and cost less for treatment.⁵





Early Detection is Important!

Glaucoma has no symptoms in its early stages. The only way to detect the disease is to have a comprehensive dilated eye exam.

An attack of Angle-Closure glaucoma includes the following symptoms: 6

- Severe pain in the eye or forehead
- redness of the eye
- decreased vision or blurred vision
- seeing rainbows or halos
- headache/migraines
- nausea
- vomiting

While there is no cure for glaucoma, early treatment can often stop the damage and preserve your vision. New treatment research is focused on lowering pressure inside the eye, finding medications to protect and preserve the

optic nerve from the damage that causes vision loss, and the role of genetic factors.



Learn More!

1. **National Eye Institute:** <https://www.nei.nih.gov/learn-about-eye-health/resources-for-health-educators/glaucoma-resources/glaucoma-awareness-month>
2. **Dean McGee Eye Institute:** <https://dmei.org/services-specialties/glaucoma/types-of-glaucoma/>
3. **American Academy of Ophthalmology:** <https://www.aao.org/eye-health/diseases/glaucoma-risk>
4. **Mayo Clinic:** <https://www.mayoclinic.org/diseases-conditions/glaucoma/diagnosis-treatment/drc-20372846>
5. **BrightFocus.org:** Glaucoma Facts & Figures
<http://bit.ly/3mVIJ9G>
6. **American Academy of Ophthalmology:** <https://www.aao.org/eye-health/diseases/glaucoma-symptoms>

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