

THONEH

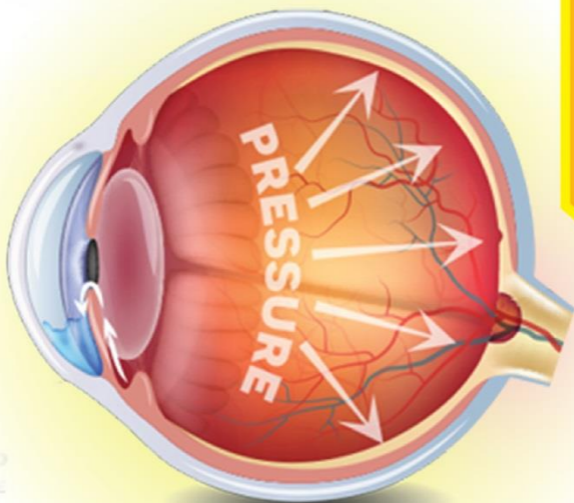
TUN HUSSEIN ONN NATIONAL EYE HOSPITAL

Your Vision Matters

PATIENT INFORMATION BOOKLET

GLAUCOMA

THE SNEAK THIEF OF SIGHT

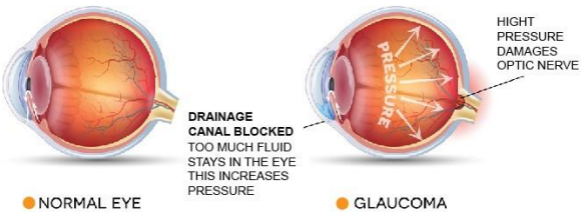


“ Early detection and treatment can slow, or even halt the progression of **glaucoma** ”

What is Glaucoma?

Glaucoma is a group of diseases that can lead to damage to the eye's optic nerve and result in blindness. It is caused by increased intraocular pressure (IOP) resulting either from a malformation or malfunction of the eye's drainage structure.

Glaucoma is frequently referred to as the "SNEAK THIEF OF SIGHT" because IT PROGRESSES WITHOUT OBVIOUS SYMPTOMS. It is a condition in which pressure created by the fluid in one or both eyes builds up to an abnormally high level. When this pressure (called the intra-ocular pressure) remains elevated over a period of time, damage occurs to the delicate visual structures leading to blindness.



What is the optic nerve?

This bundle of more than 1 million nerve fibers that connects the retina, the light sensitive layer of tissue at the back of the eye, to the brain.



How does glaucoma damage the optic nerve?

Glaucoma can cause damage when the aqueous humor (a fluid that inflates the front of the eye and circulates in a chamber called the anterior chamber) enters the eye but cannot drain properly from the eye. Elevated pressure inside the eye, in turn, can cause damage to the optic nerve or the blood vessels in the eye that nourish the optic nerve. **justify**

Who is at risk?

Although anyone can get glaucoma, some people are at higher risk than others. If you meet some of the following criteria, it is best that you go for an eye check-up.



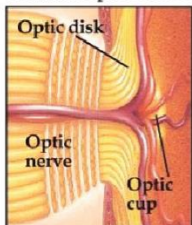
- Everyone over age 40
- People with a family history of glaucoma
- Individuals with other eye diseases which may secondarily result in glaucoma or elevated pressure
- There is a strong prevalence in diabetes
- Hypertensive
- Shortsightedness

Common types of glaucoma

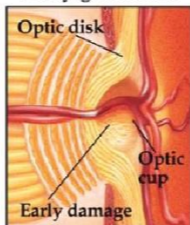
- Open angle glaucoma (chronic)
- Closed angle glaucoma (acute).
- Low-tension or normal-tension glaucoma.
- Congenital glaucoma (seen in infants).
- Secondary glaucoma (result of injury or trauma).
- Or some other eye condition.



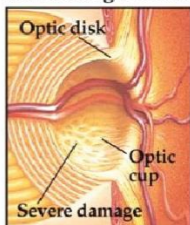
Normal optic nerve



Early glaucoma



Advanced glaucoma

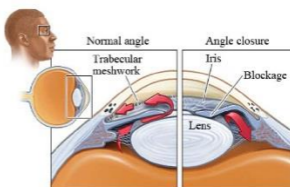


Signs & Symptoms

Glaucoma is an insidious disease. It rarely causes symptoms. However, certain types, such as angle closure glaucoma and congenital glaucoma do cause symptoms.

Angle closure (Glaucoma)

- 👁️ Sudden decrease of vision
- 👁️ Sudden severe pain in and around the eye
- 👁️ Headaches
- 👁️ Nausea & vomiting
- 👁️ Glare and halos



Congenital

- 👁️ Tearing
- 👁️ Light sensitivity
- 👁️ Enlargement of the cornea
- 👁️ Loss of peripheral vision
- 👁️ High eye pressure
- 👁️ Long-term steroid user



How is glaucoma detected ?

- 👁️ Medical history
- 👁️ Tonometry
- 👁️ Gonioscopy
- 👁️ Optic disc assessment
- 👁️ Visual Field Analysis

Treatment

A wide variety of treatments are available for reducing the intraocular pressure, the only known effective treatment for glaucoma.

- 👁️ Eye drops
- 👁️ Laser treatment (trabeculoplasty)
- 👁️ Laser Iridotomy to treat acute glaucoma
- 👁️ Trabeculectomy (surgery)

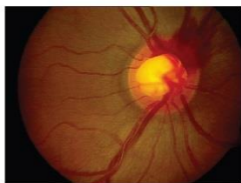
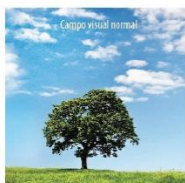


What can you do to protect your vision ?

- 👁️ If you are being treated for glaucoma, be sure to take your glaucoma medicine every day.
- 👁️ Routine eye exams with monitoring of intraocular pressure and visual field examination is necessary.

Retaining independence

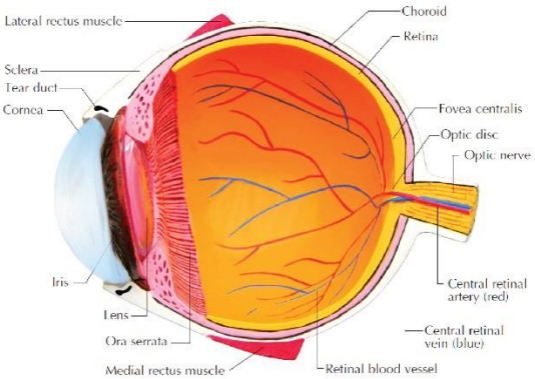
People who have experienced vision loss from glaucoma can retain independence, productivity and quality of life by learning to use specialized devices and techniques to carry out their daily activities. Special lenses and techniques help those who have remaining sight to make the best use of available vision.



A normal optic nerve on the left has a much smaller "cup", or empty space in the middle of the optic nerve, than in glaucoma on the right.



The Human Eye



LOCATION MAP



Address:

The Tun Hussein Onn National Eye Hospital
 Lot 2, Lorong Utara B, 46200 Petaling Jaya,
 Selangor Darul Ehsan, Malaysia.

Operating Hours:

Monday to Friday: 8.30AM - 5.00PM

Saturday: 8.30AM - 1.00PM

Closed on Sunday & Public Holiday

** 24-hour emergency eye clinic available **

Contact Us:

+6 03-7718 1588 (For appointment)

+6 03-7718 1488 (24-hour hotline)



enquiry@thoneh.com



www.thoneh.com



3°06'21.3 N

101°38'22.4 E



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 National Eye Hospital

Note: This brochure is designed for public information and education only. Any medical decisions should be made in consultation with your qualified Ophthalmologist.