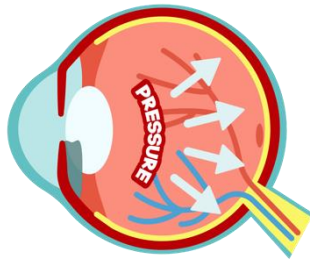




جامعة الإمام عبد الرحمن بن فيصل  
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# Glaucoma

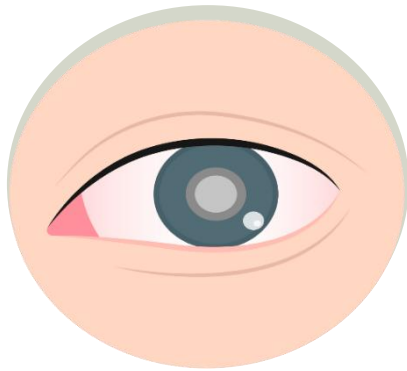


## What is glaucoma?

**Glaucoma** is a common disease affect the eye and leads to gradual damage to the optic nerve, which is usually result of an increase in ntraocular (eye) pressure.

Eye pressure does not have to be high, as there is a small percentage of people with the disease who have normal eye pressure.

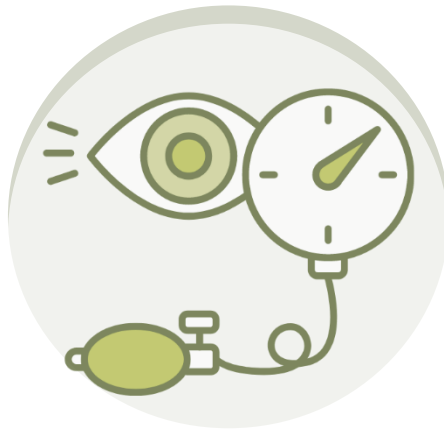
Glaucoma is considered as **a third cause of blindness** in the Kingdom of Saudi Arabia and the **second** worldwide.



## How does eye pressure rise?

There is fluid (not tears) in the front of the eye that is produced and drained continuously and balanced.

When an **imbalance** occurs between the production of this fluid and its discharge, the intraocular pressure rises and affects the internal tissues of the eye, especially the optic nerve, which leads to its atrophy.



# What are the types of Glaucoma?

There are 4 types of glaucoma, which are as follow:

## 1. Open angle glaucoma

It's the most common type of glaucoma. The obstruction of the drainage angle is gradual and usually without pain.

Generally its associated with advancing age.

## 2. Closed angle glaucoma

Its occure when your drainage angle is narrow or you have farsightedness, and it can appear in two types:

- Sever: this type is considered an emergency that requires immediate intervention.
- Chronic: which happen slowly over time.



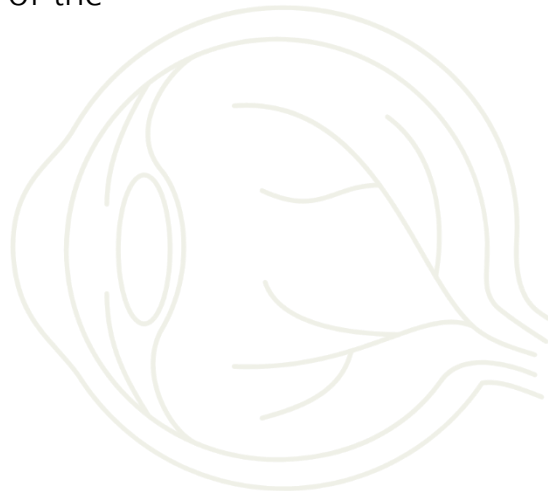
# What are the types of Glaucoma?

## 3. Secondary glaucoma

Occur when you get glaucoma as a result of another eye disease, such as iris infections, cataract maturation, some retinal diseases, and eye tumors.

## 4. Congenital glaucoma

It is infected from birth as a result of several factors, such as consanguineous marriage or a viral infection during pregnancy, and one of its signs is an increase in the size of the eye as a whole, and it appears in the large size of the cornea and the darkening of the eye.



## What are the symptoms of glaucoma?

You may not have any symptoms in the early stages of the disease. As condition progresses, you will notice:

### Chronic open angle

- Gradual weakness of vision without pain leads to the narrows the field of vision with time until the patient feels that she/he is seeing from a narrow circle, or that part of his/her visual field is not seen. Patients may have poor night vision.

### Acute closed angle

- Sudden sever pain in eye.
- Headech.
- Nausea and vomiting
- Seeing colored halos around a light source.

**When you have these symptoms, go to the nearest hospital.**

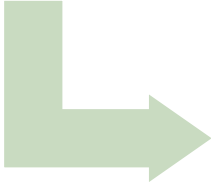


# What are the complications of glaucoma?

If you leave glaucoma without treatment, it will result in vision loss, and this will be in stages:



Blind spots in peripheral vision.



Peripheral vision loss.



Vision loss.



## What are the factors that increase my chance of developing glaucoma?

- o Age.
- o Family medical history.
- o Increased eye pressure.
- o Chronic diseases such as diabetes.
- o African or Asian race.
- o Eye injuries and frequent infections.
- o Severe nearsightedness or farsightedness.
- o Using cortisone drops for a long time.





## How am I diagnosed and treated?

Diagnosis is made by taking the **medical history**, **measuring eye pressure**, **examining the visual field** and **optic nerve**.

Treatment should be at the beginning of the disease because what is lost from sight cannot be recovered.

The **goal of treatment** is to preserve vision and stop the progression of the disease.

The treatment plan is developed with the ophthalmologist, which includes drug therapy such as eye drops or pills, laser, and surgical intervention.



## How can glaucoma be prevented?

Prevention is through early periodic detection at the ophthalmologist.

Avoid eye injuries or use drops without consulting a doctor.



# Who should do early detection?

40↑

People over 40 every 3-5 years

60↑

People over 60 once a year.



People with black skin.



# Who should do early detection?



People who have a family history.



People with high eye pressure.



People with chronic diseases such as diabetes and hypertension.







References:

All the histogram used from canva.com

Reviewed by:

The content of this booklet has been reviewed by Ophthalmology consultants in the ophthalmology department at King Fahd University Hospital.

## Ophthalmology Department

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Health Awareness Unit

IAU-24-408



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