

## Foresight Foundation – “GREAT” PROJECT –

(**G**laucoma **R**isk reduction by **E**arly screening and **A**lleviation of blindness by **T**imely treatment)

**Aim of the project** – to bring awareness about Glaucoma and prevent blindness as part of WORLD GLAUCOMA WEEK (10-16TH MARCH 2013) celebrations.

*Anasuya Rao Eye Clinic Joins World wide Effort to Raise Awareness of “Silent Sight Thief (Glaucoma)” as Part of World Glaucoma week celebrations from 10<sup>th</sup> - 16<sup>th</sup> march 2013 by starting this “GREAT” project through Foresight Foundation and request you to join hands in fighting this blinding eye disease.*

**Dr.K.V.RAVI KUMAR** joined eye care professionals around the world on March 10th 2013, to observe the World Glaucoma week Spearheaded by the World Glaucoma Association and the World Glaucoma Patient Association, World Glaucoma week is a global initiative aimed at raising awareness of glaucoma, a disease that affects approximately **65 million people worldwide, nearly 12 million in our country.**

“Glaucoma is the **second leading cause of blindness** in the world, which underscores the importance of a global initiative such as World Glaucoma week,” said Dr.ravi kumar. “While glaucoma cannot be prevented or cured, early detection and treatment can help to preserve sight. Individuals at risk for glaucoma and those over the age of 40 should have regular, comprehensive eye exams that include careful evaluation of the optic nerve and measurement of eye pressure.”

To support World Glaucoma week in the Vijayawada community, anasuya rao eye clinic hosts a **free glaucoma screening and Eye pressure (eye tension) check-up on march 10<sup>th</sup> from 9 a.m. to 1 p.m.** in order to begin the dialogue with people about glaucoma and distribute **free medicines for poor.**

According to Dr.ravi kumar Many people with glaucoma are unaware that they have it until there is a large amount of irreversible vision loss. **While anyone can develop glaucoma, some people are at a higher risk, including:**

- People with a family history of glaucoma
- High Myopes
- Everyone over age 60
- African-Americans
- People with diabetes, hypertension, heart disease
- People who have used steroids for a long period of time
- People with physical eye injuries

DR.K.VRAVI KUMAR After completing the comprehensive ophthalmology fellowship in L.V.PRASAD EYE INSTITUTUE HYD for 3yrs , did his international Glaucoma Fellowship in Swtizerland under World Famous Glaucoma Specialist prof.Dr.Andre Mermoud and has 10 yrs of experience in treating the ocular diseases, Presently serving Vijayawada patients through anasuya rao eye clinic.

## Glaucoma Fact Sheet

Glaucoma is the **second leading cause of blindness** in the United States and worldwide.

**Blindness ranks third** (after cancer and heart disease) as a major health fear among Americans.

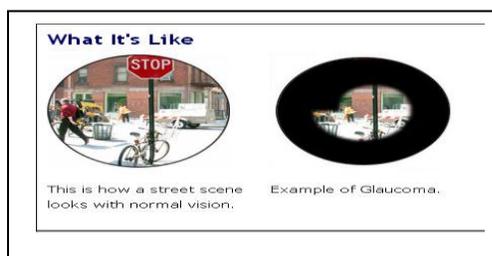
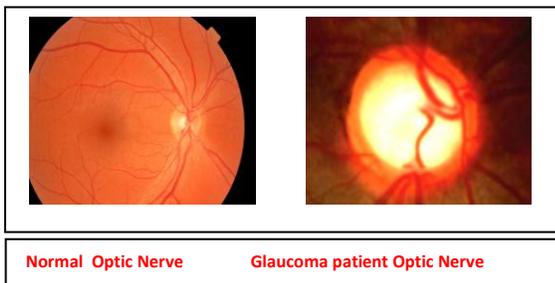
Glaucoma currently affects approximately **4 million people in the United States and 65 million people worldwide** **Nearly 12 Million in our country**— numbers that can be expected to increase as the population ages.

If a person has a **family history of glaucoma**, his/her risk of developing the disease increases four to nine times.

People over the age of **60 are six times** more likely to develop glaucoma.

Glaucoma is six to eight times more common in African-Americans than Caucasians, and the older age group of the Hispanic population is also at increased risk for developing glaucoma.

Glaucoma accounts for more than **seven million physician visits** each year.



## What is glaucoma?

Glaucoma is a group of eye diseases characterized by damage to the optic nerve. In its early stages, glaucoma may present few or no symptoms and can gradually steal sight without warning.<sup>4</sup> In fact, it is estimated that half of the people affected by glaucoma do not know they have it.<sup>2</sup> If left undetected and untreated, glaucoma can lead to blindness.<sup>2</sup>

One of the major risk factors for glaucoma is elevated intraocular pressure (IOP), or pressure inside the eye. A healthy eye produces fluids, called aqueous humor, at the same rate at which it drains. High pressure occurs when the drainage system is blocked and the fluid cannot exit at a normal rate. This increased IOP pushes against the optic nerve causing gradual damage, which may result in vision loss, usually starting with the peripheral, or side vision.<sup>5</sup> Increased eye pressure is often associated with gradual damage to the nerve fibers that make up the optic nerve.<sup>6</sup> IOP is currently the only treatable risk factor for glaucoma.



## Normal IOP 15-18 mm of Hg

### Four Key Facts About Glaucoma

#### GLAUCOMA IS A LEADING CAUSE OF BLINDNESS

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. About 2% of the population ages 40-50 and 8% over 70 have elevated IOP. Glaucoma can cause blindness if it is left untreated.

#### THERE IS NO CURE (YET) FOR GLAUCOMA

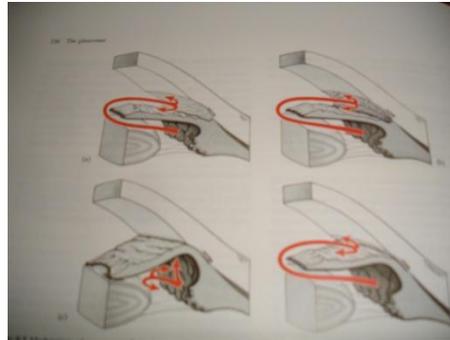
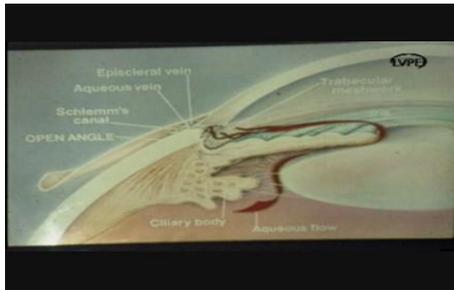
Glaucoma is not curable, and vision lost cannot be regained. With medication and/or surgery, it is possible to halt further loss of vision. Since glaucoma is a chronic condition, it must be monitored for life. Diagnosis is the first step to preserving your vision.

#### EVERYONE IS AT RISK FOR GLAUCOMA

Everyone is at risk for glaucoma from babies to senior citizens. Yes, older people are at a higher risk for glaucoma but babies can be born with glaucoma (approximately 1 out of every 10,000 babies born in the United States). Young adults can get glaucoma, too. African-Americans in particular are susceptible at a younger age.

#### THERE MAY BE NO SYMPTOMS TO WARN YOU

With open angle glaucoma, the most common form, there are virtually no symptoms. Usually, no pain is associated with increased eye pressure.



## What Are the Different Types of Glaucoma?

**Primary glaucoma** : divided into open angle and closed angle glaucoma.

- **Open angle glaucoma** it occurs when the eye's drainage canals become clogged over time. This increases inner eye pressure since enough fluid cannot drain out of the eye.
- **Closed angle glaucoma**, also called acute glaucoma, has a sudden onset in people with anatomically narrow angles. It is characterized by severe eye pain and blurred vision.
- **Secondary glaucoma** occurs as a complication of a variety of other conditions, such as injury, inflammation, vascular disease and diabetes.
- **Congenital glaucoma** is elevated eye pressure present at birth due to a developmental defect in the eye's drainage mechanism.

## Symptoms

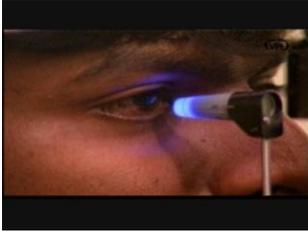


- Subtle loss of contrast
- Difficulty driving at night
- Loss of peripheral vision (late-stage glaucoma)
- Loss of central vision in terminal cases

When glaucoma progresses, the resultant optic nerve damage causes an irreversible loss of peripheral vision.

## Diagnosis

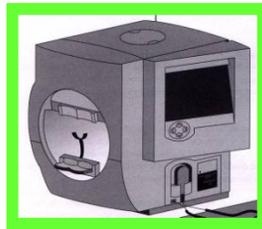
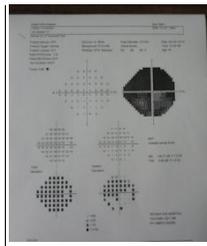
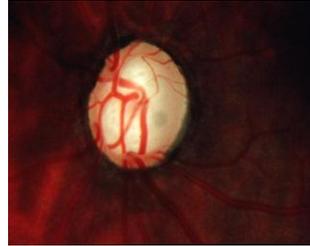
### IOP



### GONIOSCOPY



### OPTIC DISC EVALUATION



### visual field testing

### Four important tests

1. Intra ocular pressure with applanation tonometry
2. Gonioscopy
3. Optic nerve examination by indirect ophthalmoscopy
4. Visual field examination by perimetry

### Risk Factors

- Age – above 45 yrs
- **Positive Family History**
- Being African- or Hispanic-American
- Diabetes, hypertension, cardiac disease,
- highMyopia
- longterm steroid users,
- eye injuries.

## What You Can Do to Reduce Risk

The most helpful advice concerning glaucoma is to keep in mind the importance of **early detection through routine eye examination**, faithful use of prescribed medications, and close monitoring by an eye doctor of the optic nerve, visual fields and pressures.

## Treatment.



As a rule, elevated eye pressure can be managed with **eye drops, medication, laser treatment or surgery**. If detected early, eye drops most likely will be prescribed to control the pressure and prevent peripheral vision loss from advancing glaucoma.

Response to treatment is as varied as the patients themselves. Regardless of which treatment a doctor chooses (based on the patient's medical history and eye findings), the patient must understand that it is vital to follow the medical prescription regimen and to have regular follow-up eye exams. Eye drops are most commonly prescribed, although oral medications may also be used.

## Appeal

Please join the campaign of **"GREAT PROJECT"** to bring awareness about glaucoma and help prevent avoidable blindness by forwarding this mail to your known contacts and social networking media

**Dr.K.V.RAVI KUMAR MBBS,**  
PGDO, FCO(LVPEI) FICO(SWISS)  
**PHACO AND GLAUCOMA SPECIALIST**  
**Anasuya Rao Eye Clinic**  
**11-1-58, BRP ROAD,**  
**Vijayawada – 520001, India.**  
[www.anasuyaraoeyeclinic.com](http://www.anasuyaraoeyeclinic.com)

## REFERENCES

- 1 American Glaucoma Society. Available at: <http://www.glaucomaweb.org/displaycommon.cfm?an=10>. Accessed January 10, 2009.
- 2 Glaucoma Research Foundation. "Glaucoma Facts and Stats" Available at: Available at: [http://www.glaucoma.org/learn/glaucoma\\_facts.php](http://www.glaucoma.org/learn/glaucoma_facts.php). Accessed January 10, 2009.
- 3 Glaucoma Research Foundation. "Are You at Risk For Glaucoma?" Available at: [http://www.glaucoma.org/learn/are\\_you\\_at\\_risk.html](http://www.glaucoma.org/learn/are_you_at_risk.html). Accessed January 10, 2009.
- 4 The Glaucoma Foundation. "TGF Urges Eye Exams to Detect the Disease Early" January 8, 2006. Available at: [http://www.glaucomafoundation.org/news\\_story.php?i=38](http://www.glaucomafoundation.org/news_story.php?i=38). Accessed January 10, 2009.
- 5 Mayo Foundation for Medical Education and Research. "Glaucoma: Symptoms." July 18, 2006. Available at: <http://www.mayoclinic.com/health/glaucoma/DS00283/DSECTION=symptoms> Accessed January 10, 2009.
- 6 Mayo Foundation for Medical Education and Research. "Glaucoma: Causes." July 18, 2006. Available at: <http://www.mayoclinic.com/health/glaucoma/DS00283/DSECTION=causes> Accessed January 10, 2009.