

- **Pachymetry:** Pachymetry test is a simple, quick, painless test to measure the thickness of your cornea. With this measurement, your doctor can better understand your IOP reading, and develop a treatment plan that is right for your condition



Treatment at Thai Eye Center

- **Eye drops:** Glaucoma treatment often starts with medicated eye drops. Be sure to use the drops exactly as prescribed and follow up regularly as assigned

- **Oral medications:** If eye drops alone don't bring your eye pressure down to the desired level, your doctor may also prescribe an oral medication. Doctors commonly prescribe carbonic anhydrase inhibitors, such as acetazolamide (Diamox), for glaucoma. Take these pills with meals to reduce side effects. Add bananas and apple juice to your diet to minimize the potassium loss caused by

these medications.

- **Laser surgery:** In the last couple of decades, a procedure called trabeculoplasty. This is an office procedure lasting 10 to 20 minutes, and you can usually resume normal activities.



- **Laser iriotomy:** it is used to prevent and treat acute angle closure glaucoma in people who have narrow angle.

- **Filtering surgery:** If eye drops and laser surgery aren't effective in controlling your eye pressure, you may need an operation called a filtering procedure or trabeculotomy.



168 Thai Eye Center, Charoenraj Road
Tel: 02-689-8888, 02-689-9000
www.thaieye.com

Glaucoma



"Early Detection can save
Your Vision."



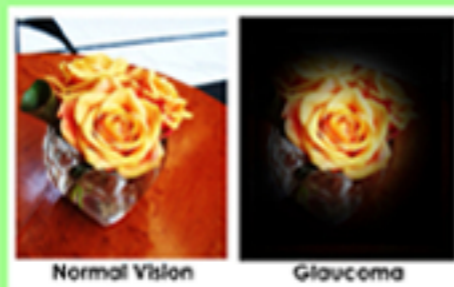
Tel. 02-689-8888
www.thaieye.com

Glaucoma

Glaucoma is a group of eye diseases that gradually cause the decrease in eyesight without warning. Vision loss is caused by damage to the optic nerve.

Experts estimate that half of the people affected by glaucoma may not know they have it. Although IOP (intraocular pressure) is clearly a risk factor of optic nerve damage, other factors must also be involved because even people with “normal” levels of pressure can experience vision loss from glaucoma.

Everyone is at risk for glaucoma. However, certain groups are at higher risk than others. People at high risk for glaucoma should get a complete eye exam, including eye dilation, every one or two years. **Early detection and appropriate treatment are vital for stopping the progress of the disease and visual loss.**



The following are groups at higher risk for developing glaucoma:

1. **People over 60:** Glaucoma is much more common among older people. You are six times more likely to get glaucoma, if you are over 60 years old.
2. **Family Members with Glaucoma:** Family history increases risk of glaucoma four to nine times.
3. **Asians:** Asian People have increased risk for angle closure glaucoma.
4. **Steroid Users:** Some evidence links steroid use to glaucoma. There has been 40% increase in the incidence of open angle glaucoma in adults who require approximately 14 to 35 puffs of steroid inhaler to control severe asthma. People who use steroid eye drop continuously by themselves for many weeks or -

months are at increased risk of glaucoma.

5. **Eye Injury:** Injury to the eye may cause secondary open angle glaucoma.

This type of glaucoma can occur immediately after the injury or years later.

It is important to have your eyes examined regularly. Your eyes should be tested:

- before age 40, every two to four years
- from age 40 to age 54, every one to three years
- from age 55 to 64, every one to two years
- after age 65, every six to 12 months

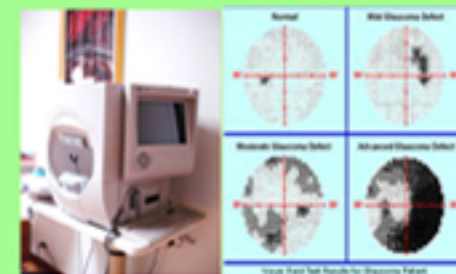
Test for Glaucoma available at Thai Eye Center

- **Tonometry:** The tonometry test measures the inner pressure of the eye. Your intraocular eye pressure (IOP) is important to determine your risk for glaucoma. If you have high IOP, careful management of your eye pressure with medications can help prevent vision loss.

Anyone with high risk factors, should be tested every year or two after age 35

- **Ophthalmoscopy:** Ophthalmoscopy is used to examine the inside of the eye, especially the optic nerve. This helps the doctor look at the shape and color of the optic nerve.

- **Visual field test:** During the test, you will be asked to look straight ahead and then indicate when a moving light passes your peripheral (or side) vision. This helps draw a “map” of your vision.



- **Optical Coherence Tomography (OCT)** it is new technique of optic nerve image scanning. The OCT machine can create a contour map of the optic nerve, optic cup and measure the retinal nerve fiber thickness. This machine can detect loss of optic nerve fibers.

