



Glaucoma:

Keep Vision in Your Future

Glaucoma Presentation Speaker's Guide



National Eye Institute



National Eye Health
Education Program
NEHEP



Introduction

Welcome to the speaker's guide for the **Glaucoma: Keep Vision in Your Future** presentation — one piece of the **Glaucoma: Keep Vision in Your Future Toolkit!** This toolkit is from the National Eye Health Education Program (NEHEP). NEHEP is part of the National Eye Institute, one of the National Institutes of Health.

One of NEHEP's objectives is to educate people at higher risk for glaucoma about the disease. During this presentation, you'll share information about glaucoma that will give participants the knowledge to explain:

- What glaucoma is
- How glaucoma affects vision
- How eye doctors test for glaucoma
- Why early treatment can help people make the most of their vision

Thank you for your time and effort in presenting this important information! You're a valuable resource your community can rely on to help protect their eye health.



Toolkit Contents

The toolkit includes the following in English and Spanish:

1. Speaker's guide
2. PowerPoint slides
3. Handouts
 - Glaucoma: What You Need to Know
 - Talk With Your Doctor About Glaucoma
4. Event announcement
5. Social media templates

All toolkit materials can be accessed on NEI's website at nei.nih.gov/GlaucomaToolkit

About this guide

This speaker's guide has information to help you give the presentation. It also includes talking points and instructions to present each PowerPoint slide and facilitate interactive activities.



Speaker Tips

Tips for a successful presentation

- Listen **carefully**
- Be patient
- Be friendly
- Be flexible

Tips for good group dynamics

- Encourage participants to ask questions and make comments
- Make sure to set ground rules
- Some people might share incorrect information. If that happens, don't shut them down immediately. Listen and then give the correct information.

What to do a few days before the presentation

- Read this entire guide.
- Rehearse the presentation as if you were in front of an audience. This will help you gain more confidence in yourself and the information.
- If you want to strengthen your knowledge of glaucoma, check out the National Eye Institute's information about glaucoma at nei.nih.gov/Glaucoma. 
- Explore the NEHEP Glaucoma Education Program website at nei.nih.gov/GlaucomaResources for other useful materials to prepare for the presentation or share with your audience.
- Visit nei.nih.gov/FindADoctor to get information that can help your audience find a local eye care professional.

What to do the day before the presentation

- Call or email the point of contact for your presentation to confirm any final details — and check if they have a room set aside (if the presentation is in person).
- Call the participants or send an email to remind them about the presentation date, place (in person) or link (virtual), and time.
- Review this guide.
- Prepare the materials you will be using:
 - Handouts (printed or digital)
 - Notepads and pens
 - Projector
 - PowerPoint presentation
 - Speaker's guide
 - Computer
- If your presentation will be virtual, familiarize yourself with the platform you'll be using and make sure you know how to use the controls.
- If your presentation will be in person, you can also print the slides for participants.

What to do the day of the presentation

- Follow the instructions and tips in this guide, but make it your own!

How to Give the Presentation

Follow these instructions

- Present the slides one at a time.
- Read the bullet points in the speaking notes in this guide while you show the corresponding slide. Try not to read directly from the text on the slide itself.
- Point to the slide when you see this icon: →

Pay attention during the presentation

- Listen to comments and questions from participants.
- Answer questions as best you can. If you don't know the answer, don't try to guess. Instead, refer participants to an eye doctor or the resources at the end of the presentation.

Evaluate the session

- Ask the participants the following questions at the end of the presentation:
 - What questions do you still have about glaucoma?
 - Do you have any suggestions to make this presentation better?
- Take notes about their responses.

Finish the session

- Thank participants for attending.
- Encourage participants to learn more about glaucoma at nei.nih.gov/Glaucoma and get a comprehensive dilated eye exam.
- Distribute the handouts.
- Remember to take your equipment and materials.

Speaking Notes

This section includes talking points for you to highlight while presenting each slide, as well as interactive activities you can facilitate to help participants stay engaged.

Slide 1 – Glaucoma: Keep Vision in Your Future

Text for the speaker

My name is _____, and I work with _____. I'm here to teach you about glaucoma and how it can cause vision loss and blindness.

The National Eye Health Education Program, also known as NEHEP, created this presentation. And I'd like to thank [name of the organization] for hosting us for this presentation.

I would like to remind you that I'm not an eye doctor. An eye doctor is the only person who can diagnose glaucoma and answer specific medical questions. But I can give you general information so you know what to look out for and what questions to ask your eye doctor.

Slide 1 – Instructions for the speaker



If you have a small enough group and a few minutes to spare, ask participants to do the following:

- Share their name.
- Say one thing they would like to learn from this presentation.

Slide 2 – What to expect from this presentation

Text for the speaker

Let's get on the same page by talking about what to expect from this presentation.



Slide 2 – Instructions for the speaker

This is meant to be a section intro slide. You can go to the next slide quickly.

Slide 3 – Objectives

Text for the speaker

You will learn:

- What glaucoma is, 
- How glaucoma affects vision,
- How eye doctors test for glaucoma,
- Why early treatment can help people make the most of their vision.

Slide 4 – Ground Rules

Text for the speaker

It's helpful to set some ground rules so we have a space that allows us to learn with respect for each other. What ground rules do you think we need to create a positive learning environment?

Slide 4 – Instructions for the speaker



Pause and give people enough time to think of ground rules. If they need examples, you can use some from the next slide.

Depending on whether your presentation is in person or virtual, you may need different ground rules.

Slide 5 – Ground Rules (continued)

Text for the speaker

Thanks for your suggestions! Here are some ground rules I've come up with:

- Keep your phones on silent and try not to look at them during the session.
- Speak up – and make room for others to speak.
- Give each other grace.
- Leave what's said in the room, in the room.
- If joining virtually, turn your video on if you can.

Can we all agree to the ground rules we discussed?



Slide 5 – Instructions for the speaker

These are examples of ground rules you can use. Before your presentation, reflect on each rule and make sure you feel confident explaining it to your audience:

- **Keep your phones on silent and try not to look at them during the session:** This ground rule helps people stay focused on the session while making sure they know they can look at their phones if they need to (like if someone's calling for an urgent reason).

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Slide 5 – Instructions for the speaker (continued)

- **Speak up – and make room for others to speak:** This ground rule emphasizes that everybody should have space to share thoughts, questions, or ideas during the presentation.
- **Give each other grace:** Nobody's perfect! This ground rule helps make the session a space where people can ask questions and learn in a positive, supportive environment.
- **Leave what's said in the room, in the room:** Some participants may share personal stories and experiences during the session. This ground rule aims to ensure that all participants keep those stories confidential.
- **If joining virtually, turn your video on if you can:** This ground rule encourages participants who are attending virtually to participate as fully as possible by turning their cameras on.

If you're presenting **in person**, you can write the ground rules on a white board if the room has one. You can also bring poster paper so you can write them on there. Look into your room set-up so you know if you need to bring any markers or paper.

If you're presenting virtually, you can paste the ground rules the group came up with in the chat.

Slide 6 – Let's learn about glaucoma!

Text for the speaker

Alright, now let's learn about glaucoma!



Slide 6 – Instructions for the speaker

This is meant to be a section intro slide. You can go to the next slide quickly.

Slide 7 – What is glaucoma?

Text for the speaker

You may have heard of glaucoma before this presentation. The official definition of glaucoma is that it's a group of eye diseases that can damage the optic nerve. The optic nerve connects the eye to the brain.

There are different types of glaucoma. The most common type is called primary open-angle glaucoma.

Slide 8 – What are the symptoms of glaucoma?

Text for the speaker

At first, glaucoma has no symptoms. But as it progresses, it can affect 1 or both eyes. You may:

- Lose your side vision
- Have permanent vision loss or blindness

Slide 9 – How does my vision change with advanced glaucoma?

Text for the speaker

This picture shows you what your vision might look like with advanced glaucoma. It looks like you're looking through a tunnel. That's because with glaucoma, you lose your peripheral or side vision first.

If you don't treat your glaucoma, you can have complete vision loss. And you can't get back any vision you lose.

Slide 9 – Instructions for the speaker



You can use the [Glaucoma video on this page](#) to help the group visualize how glaucoma affects vision. That webpage also has a scene with a slider you can move back and forth to compare vision with and without glaucoma.

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Slide 9 – Instructions for the speaker (continued)

Before your presentation, think about whether you want to show the video or the scene with the slider or just stick with the still image on the slide. Note that to share the video, you'll need to be:

- Connected to the internet,
- Able to share sound loud enough that the group can hear it (in person),
- Confident in using your platform's video-sharing controls (virtual).

Use your best judgement.

If you decide not to share the video or the scene, encourage the group to learn more after the presentation at nei.nih.gov/VR.

Slide 10 – How common is glaucoma?

Text for the speaker

Does anyone have any guesses for how common glaucoma is?



Slide 10 – Instructions for the speaker

Give people time to make their guesses. Don't immediately move to the next slide if someone gets it right. Make room for people who need some time to answer.

After a couple of people have given answers, move to the next slide. Make sure to acknowledge anyone who got it right – or close to the right answer.

Slide 11 – How common is glaucoma? (continued)

Text for the speaker

The answer is that about 3 million people in the United States have glaucoma. That's more than the population of Chicago! And half of them don't know it.

Slide 12 – Who can get glaucoma?

Text for the speaker

Anyone can get glaucoma, but some people can be at higher risk for it.

Slide 13 – Who can get glaucoma? (continued)

Text for the speaker

As you age, your risk of getting glaucoma gets higher. These groups have the highest risk:

- Black/African American people age 40 and older,
- Adults age 60 and older, especially Hispanic/Latino people,
- People with a family history of glaucoma.

If any of your family members have glaucoma, make sure to tell your eye doctor. And if you don't know, ask people in your family.

Slide 14 – What else makes me more likely to get glaucoma?

Text for the speaker

There are a few other things that can raise your risk of getting  glaucoma. These are:

- Diabetes,
- High blood pressure,
- Previous eye injury.

Slide 15 – Parts of the Eye

Text for the speaker

To better understand what causes glaucoma, it's important to learn the parts of the eye and how they work.

Here's an image of the inside of the eye. All the different parts of your eyes work together to help you see:

- The **sclera** → is the layer of white tissue that covers most of the outside of the eye. It helps your eye keep its shape.
- Light passes through the **cornea** → (the clear front layer of the eye). The cornea is shaped like a dome and bends light to help the eye focus.
- The **iris** → (the colored part of the eye) controls how much light the pupil lets in.
- Some of this light enters the eye through an opening called the **pupil** →.
- Next, light passes through the **lens** → (a clear inner part of the eye). The lens works together with the cornea to focus light correctly on the retina.
- When light hits the **retina** → (a light-sensitive layer of tissue at the back of the eye), special cells called photoreceptors turn the light into electrical signals.
- These electrical signals travel from the retina through the **optic nerve** → to the brain. The brain turns the signals into the images you see.

Slide 15 – Instructions for the speaker



Point to the part of the eye on the slide when you reach a bolded word and see →.

Slide 16 – What causes glaucoma?

Text for the speaker

This is what happens inside of the eye when you have glaucoma:

- When you have glaucoma, liquid begins to flow slowly in the **front part** → of the eye.
- This creates pressure **inside your eye** → and affects the optic nerve.
- This pressure can damage the **optic nerve** → and cause glaucoma and vision loss.

A person may have high eye pressure – but that doesn't mean they have damage to the optic nerve or glaucoma. They are at risk of developing it though. And only an eye doctor can test for glaucoma and tell you if you have damage to your optic nerve.

Slide 16 – Instructions for the speaker



Point to the parts of the image on the slide when you reach a bolded word and see →.

Slide 17 – What causes glaucoma? (continued)

Text for the speaker

We can compare what happens inside the eye when you have glaucoma to a clogged kitchen drain. Take a look at the images on the slide:

- **Left image** →. Water flows smoothly in a sink with no clogs. This is like how fluid flows smoothly in your eye.
- **Right image** →. But when there's a clogged drain, water in the sink can't flow, and it puts pressure on the pipe. This is very similar to what happens inside your eye when you have glaucoma.



Slide 17 – Instructions for the speaker

Point to the images on the slide when you reach a bolded word and see →.

If you have time and Internet access, you can show the group the animation from this link:

https://youtu.be/XII_JXYMzbs.

Slide 18 – How do eye doctors test for glaucoma?

Text for the speaker

Your eye doctor can test for glaucoma with a comprehensive dilated eye exam since screening for eye pressure alone isn't enough. Has anyone here already had a dilated eye exam?



Slide 18 – Instructions for the speaker

If someone says yes and there's time, invite them to share their experience.

Slide 19 – What is a dilated eye exam?

Text for the speaker

The exam is simple and painless – your eye doctor will give you some eye drops to dilate (widen) your pupil and then check your eyes for glaucoma and other eye problems. The exam includes a visual field test to check your side vision.

Remember, a basic eye exam for glasses or contacts can't catch glaucoma.

Slide 20 – What does glaucoma look like during a dilated eye exam?

Text for the speaker

During a dilated eye exam, your eye care professional looks for signs of glaucoma by looking for changes in the optic nerve. Here's an image of the inside of the eye.



Slide 20 – Instructions for the speaker

You can use the [this video](#) to help the group visualize what happens during a dilated eye exam. Before your presentation, think about if you want to show the full video, parts of the video, or stick with the still images on the slide. The video is 3 minutes long, and there may not be enough time to show it.

Note that to share the video, you'll need to be:

- Connected to the internet,
- Able to share sound loud enough that the group can hear it (in person),
- Confident in using your platform's video-sharing controls (virtual).

Use your best judgement.

If you decide not to share the video, encourage the group to learn more after the presentation at nei.nih.gov/EyeExam.

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Slide 20 – Instructions for the speaker (continued)

You can also read this text to explain the image more:

“If you have glaucoma, the exam may show that the color and shape of the optic nerve have changed. Look at the differences between the image on the left, which shows an optic nerve without glaucoma, and the image on the right, which shows an optic nerve with glaucoma.”

Slide 21– What are the treatments for glaucoma?

Text for the speaker

If your eye doctor tells you that you have glaucoma, you need to get treatment to control your eye pressure. Controlling pressure inside your eye prevents damage to your optic nerve.

There are treatments that can help stop glaucoma from getting worse. These treatments can include:

- Medications – prescription eye drops are most common
- Laser treatment – a simple procedure that’s usually painless
- Surgery – your eye doctor can recommend the right type

Treatment usually begins with medication. If needed, laser treatment is also an option. You will need surgery if your eye pressure can’t be controlled with medication or laser surgery.

Slide 22 – How can I help prevent glaucoma?

Text for the speaker

If you're at risk for glaucoma, you can:

- Visit your eye doctor for a comprehensive dilated eye exam every 1 to 2 years.
- Follow your doctor's instructions for managing diabetes and high blood pressure.
- Wear protective eyewear for work, sports, and recreational activities to help protect against eye injury.

Slide 23 – What are my next steps?

Text for the speaker

You can take these steps:

- Find out if you have a family history of glaucoma. Gets tips by going to: nei.nih.gov/FamilyEyeHealthConvo.
- Schedule your next comprehensive dilated eye exam.
- Learn about the Medicare benefit that can help pay for part of an exam. Visit: nei.nih.gov/Medicare.
- Share what you learned with your family and friends.



Slide 23 – Instructions for the speaker

Ask the group for any other next steps they want to take. Encourage them to choose among the steps on the slide or think of steps on their own. Give them a minute to think this through. Ask for people to share their next steps by:

- Raising their hand (in person)
- Writing them down on a sticky note and placing it in a common area (in person)
- Coming off mute to speak (virtual)
- Typing in the chat (virtual)

Slide 24 – Wrap-up

Text for the speaker

That's it for the main part of the presentation. Let's wrap up.



Slide 24 – Instructions for the speaker

This is meant to be a section intro slide. You can go to the next slide quickly.

Slide 25 – Let's review!

Text for the speaker

Here are a few things to remember. Glaucoma:

- Often has no symptoms,
- Can cause permanent vision loss or blindness.

Only an eye doctor can diagnose glaucoma. And you can't get back your vision after losing it to glaucoma – but early treatment can prevent this!



Slide 25 – Instructions for the speaker

Ask the group to share anything else they learned by:

- Raising their hand (in person),
- Telling a person near them (in person),
- Coming off mute to speak (virtual),
- Typing in the chat (virtual).

Slide 26 – Questions?

Text for the speaker

Does anyone have any questions?



Slide 26 – Instructions for the speaker

Below are some questions that many people ask when they learn about glaucoma. Read through them so you'll be prepared to answer participants' questions during the session.

Note that participants may ask other questions. If you don't know the answer, that's ok! Just say that you don't know the answer and share some resources where participants can learn more after the session. You can remind them about the resources linked on earlier slides or share the links provided on the next slide. You can encourage them to talk to their doctor.

Can I have 20/20 vision and still have glaucoma?

Yes, glaucoma usually affects the side vision first, and some people with very advanced glaucoma have 20/20 vision. In fact, you can be considered legally blind if your side vision is very limited – even if you have 20/20 vision.

Do glasses help treat glaucoma?

No, glasses don't help treat glaucoma.

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Slide 26 – Instructions for the speaker (continued)

How do eye drops help the pressure in my eye?

Eye drop medications work to lower the eye pressure by decreasing how much fluid the eye makes or by helping the eye to drain fluid better. They only work while you're using them. That's why it's important to take your eye drop medications on schedule, every day, to help protect your vision.

Can younger people get glaucoma?

Yes. But the most common types of glaucoma (primary open-angle glaucoma and angle-closure glaucoma) usually occur in older people. There aren't that many common types of glaucoma that happen in babies, children, and young adults. But these are called congenital glaucoma and juvenile open-angle glaucoma.

Is there a certain diet, vitamin, or exercise regimen that can prevent glaucoma?

No, there is no special diet or exercise that can prevent glaucoma. But a healthy lifestyle can help you prevent or manage diabetes and high blood pressure. These health conditions can increase your risk of glaucoma. Eye injuries can also raise your risk of glaucoma, so be sure to wear protective eyewear for work, sports, and recreational activities to help protect against eye injuries.

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Slide 26 – Instructions for the speaker (continued)

What's the difference between glaucoma and cataracts?

A cataract is when the natural lens inside the eye becomes cloudy and blocks the light coming into the eye. They're treated with glasses and can be cured with surgery. Vision loss from cataracts improves after cataract surgery.

Glaucoma is a disease of the optic nerve, and people with glaucoma often lose side vision without noticing. Eye drops, laser treatment, and surgery are some treatments for glaucoma. Glaucoma treatment can control the disease, but it doesn't improve vision or reverse any optic nerve damage.

Slide 27 – More information

Text for the speaker

Thank you for your participation! On behalf of the National Eye Health Education Program at the National Eye Institute and [name of your organization], I would like to thank you for being here. For more information on glaucoma, please check out these resources:

- Get more facts about glaucoma: nei.nih.gov/Glaucoma.
- Explore the See What I See virtual reality app: nei.nih.gov/VR.
- Learn about NEI’s eye health education program: nei.nih.gov/NEHEP. 



Slide 27 – Instructions for the speaker

Share any local resources you know about that provide services in the area.