

# Start a conversation about glaucoma



If you or a loved one has been diagnosed with glaucoma, you aren't in this alone. Glaucoma is a leading cause of vision loss in the United States. It can't be cured, but it can be treated. And starting treatment early is the best way to stop the damage and protect your vision. Use this conversation guide to talk to your eye doctor about your glaucoma diagnosis.

## Questions for your doctor

Visiting the doctor can be stressful, especially when you're dealing with a new diagnosis. It helps to have questions written down ahead of time.

- What type of glaucoma do I have?
- How often do I need to get a checkup for my glaucoma?
- What are my treatment options?
- What will happen if I don't get treated for my glaucoma?
- How will I know if my treatment is working?
- What are the possible dangers or side effects from treatment?
- Is there anything else I can do to help with my glaucoma and protect my vision?
- Does glaucoma put me at risk for other eye diseases?
- What can I expect for my vision — now and in the future?
- Are there any activities I should avoid?

### GLAUCOMA At a glance

Glaucoma is a group of eye diseases that:



Has no symptoms at first, but can cause vision loss and blindness later



Is diagnosed with a comprehensive dilated eye exam



Can't be prevented or cured — but can be treated with medicines, laser treatment, or surgery

This guide is written for people with open-angle glaucoma, which is the most common type of glaucoma.

To learn about other types of glaucoma, visit [NEI.NIH.GOV/GLAUCOMA](http://NEI.NIH.GOV/GLAUCOMA)



National Eye Institute

# Keeping track of your glaucoma

Use these questions to keep track of how glaucoma is affecting your life — and share your answers with your eye doctor.

**1 Have you noticed any changes in your vision?**

NOT AT ALL       A LITTLE       A LOT

**2 Do you have trouble seeing things in your side vision (peripheral vision)?**

NOT AT ALL       A LITTLE       A LOT

**3 Do you ever feel like you're looking through a tunnel?**

NOT AT ALL       A LITTLE       A LOT

**4 Have you had any side effects from your treatment?**

NOT AT ALL       A LITTLE       A LOT

**5 Have you had any other problems with your treatment, like forgetting to take your medicine?**

NOT AT ALL       A LITTLE       A LOT

What are some of those problems?

**6 Does vision loss get in the way of activities you enjoy or do every day, like reading or watching TV?**

NOT AT ALL       A LITTLE       A LOT

What are some of those activities?

## GLAUCOMA

# Treatment



The most common treatment for glaucoma is prescription eye drops. These eye drops won't cure glaucoma or reverse vision loss, but they can keep glaucoma from getting worse.

**Remember:**

Even if you don't have symptoms, it's important to keep up with your treatment. Without treatment, glaucoma can eventually cause blindness.

**Other questions for your doctor**