Make a Resolution for Healthy Vision

January is Glaucoma Awareness Month

5 things to know about glaucoma

1. Glaucoma can cause vision loss and blindness, which can’t be reversed.
   Glaucoma causes fluid to build up in your eye, causing pressure that can damage the optic nerve, which transfers visual images to your brain. But, you can save your vision with early detection and treatment.

2. There are no early symptoms. Glaucoma often has no early warning signs. No pain. No discomfort. No blurry vision. Only advanced glaucoma will affect your vision. Don’t wait for symptoms to visit your eye doctor!

3. In the United States, half the people who have glaucoma don’t know they do. Nearly 3 million Americans have glaucoma. Half don’t know it. Lack of awareness and the absence of symptoms are preventing people from detecting the disease early. You can change that! Find out if you have glaucoma.

4. Some people are at higher risk than others. African Americans over 40, adults over 60 – especially Hispanics/Latinos, and people with a family history of glaucoma are at higher risk, making early detection especially important. Are you at higher risk? Talk to your family about glaucoma.

5. There is only one way to know if you have glaucoma. Getting a comprehensive dilated eye exam is the only way to find out if you have glaucoma. During the exam, an eye care professional places drops in your eyes to widen the pupils and looks for signs of the disease in the optic nerve.

Now that you’ve got the facts about glaucoma, make a resolution for healthier vision. Schedule a comprehensive dilated eye exam today! And encourage your friends and loved ones to do the same.

To learn more about glaucoma, visit www.nei.nih.gov/glaucoma.

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The National Eye Institute (NEI) leads the federal government’s research on the visual system and eye diseases. NEI supports basic and clinical science programs to develop sight-saving treatments and address the special needs of people with vision loss. For more information, visit www.nei.nih.gov.