

# GLAUCOMA

*educator program*



**Prevent  
Blindness**  
Texas

CREATED IN PARTNERSHIP WITH

**UAB** SCHOOL OF  
MEDICINE  
*Department of Ophthalmology*

The  
EyeSightFoundation  
of Alabama



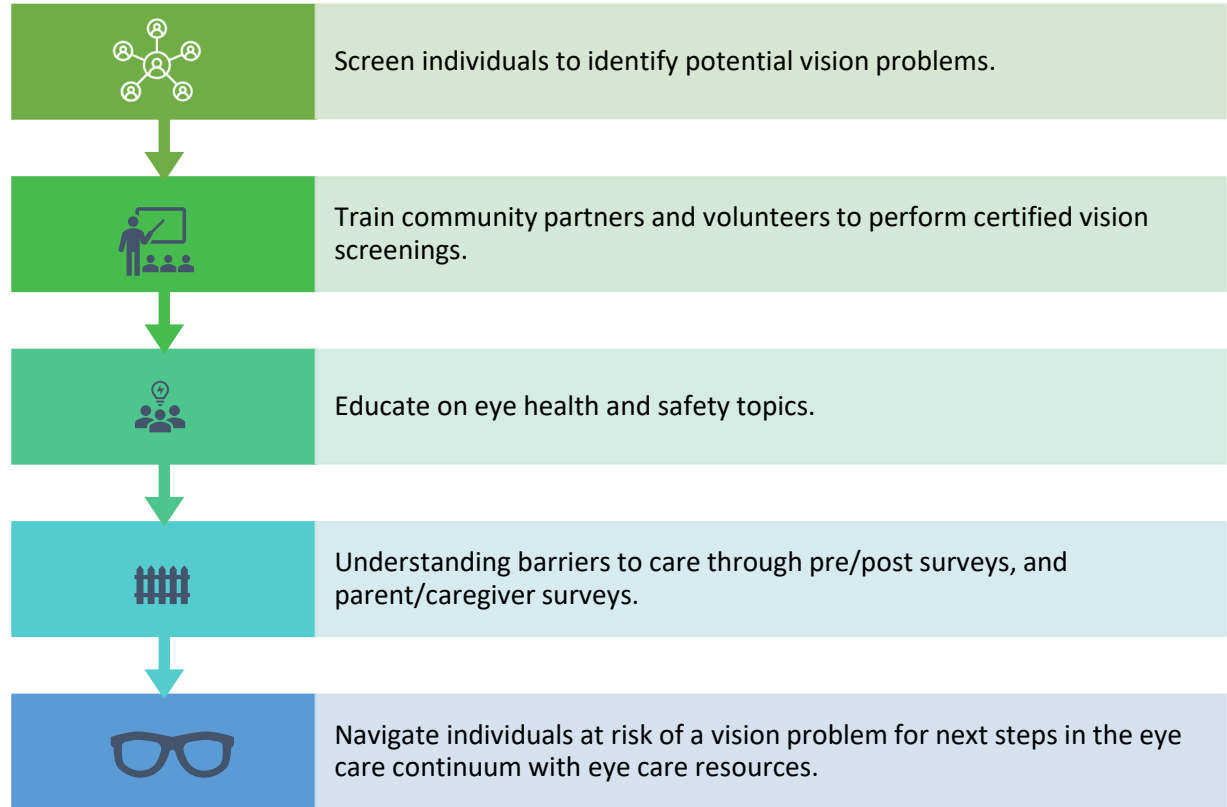
# ABOUT PREVENT BLINDNESS TEXAS

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- Founded in 1956, Prevent Blindness Texas is the state's leading volunteer nonprofit public health advocate for sight conversation.
- Our mission is to prevent blindness and preserve sight.
- Our vision is vision – making healthy eyes a priority in Texas.
- In the last 2 years, we screened more than 35,700 children and adults in communities across the state. The need for our programs and services continues to increase.

# Programs and Services



# PROGRAM OVERVIEW

THIS COURSE WILL EQUIP VISION CENTER STAFF, HEALTH EDUCATORS AND COMMUNITY HEALTH WORKERS TO DELIVER PATIENT EDUCATION MESSAGES ABOUT:

- 1 Define glaucoma and how it affects the eyes
- 2 Identify risk factors
- 3 Explore the importance of preventing vision loss through dilated comprehensive eye examinations
- 4 Explore resources for eye health









**MORE THAN 2.7 MILLION AMERICANS  
AGE 40 AND OLDER HAVE GLAUCOMA**

*a 22 percent increase from just 10 years ago*

# RISK FACTORS

ANYONE OVER AGE 60 IS AT RISK FOR AGE-RELATED PROBLEMS INCLUDING GLAUCOMA, CERTAIN POPULATIONS ARE AT A MUCH GREATER RISK AT AN EARLIER AGE, INCLUDING:

-  African Americans
-  Hispanics
-  Family history
-  Individuals who are diabetic





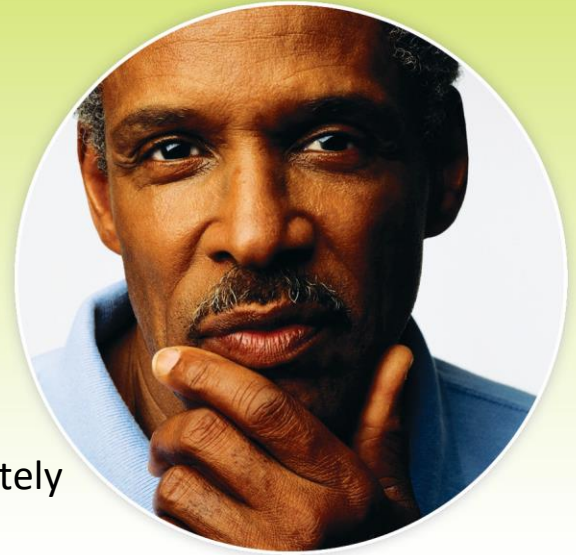


AFRICAN AMERICANS AND HISPANICS HAVE THE  
HIGHEST RISK FOR DEVELOPING EYE HEALTH ISSUES  
BUT THEY MAY NOT BE GETTING THE CARE THEY NEED.

*37% of African Americans and 41% of Hispanics  
visited their eye doctor within the past year*

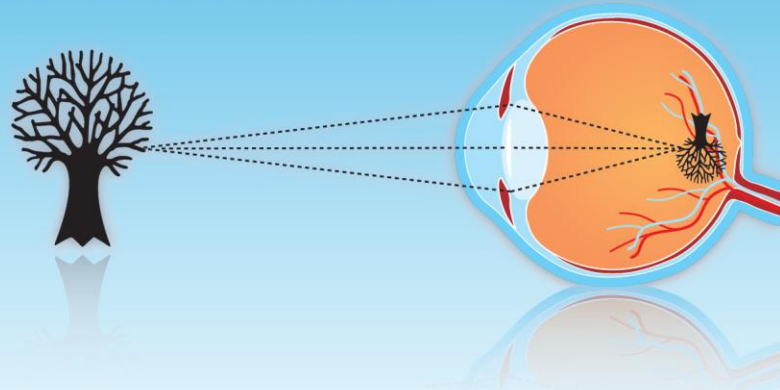
# CONSIDER THE FACTS

- ➡ Glaucoma is 4 to 5 times more Common in African Americans.
- ➡ Older African Americans are 2 times more likely than others to have eye disease and become blind.
- ➡ African Americans are less likely than others to get a comprehensive eye exam.
- ➡ Glaucoma is the leading cause of blindness among Hispanics.
- ➡ Diabetes, which can lead to glaucoma, disproportionately Affects Hispanics and African-Americans in the U.S.





# THE VISUAL SYSTEM



1

Clear image must pass through optical portions of the eye to project focused picture on retina.

2

Message must be delivered to brain.

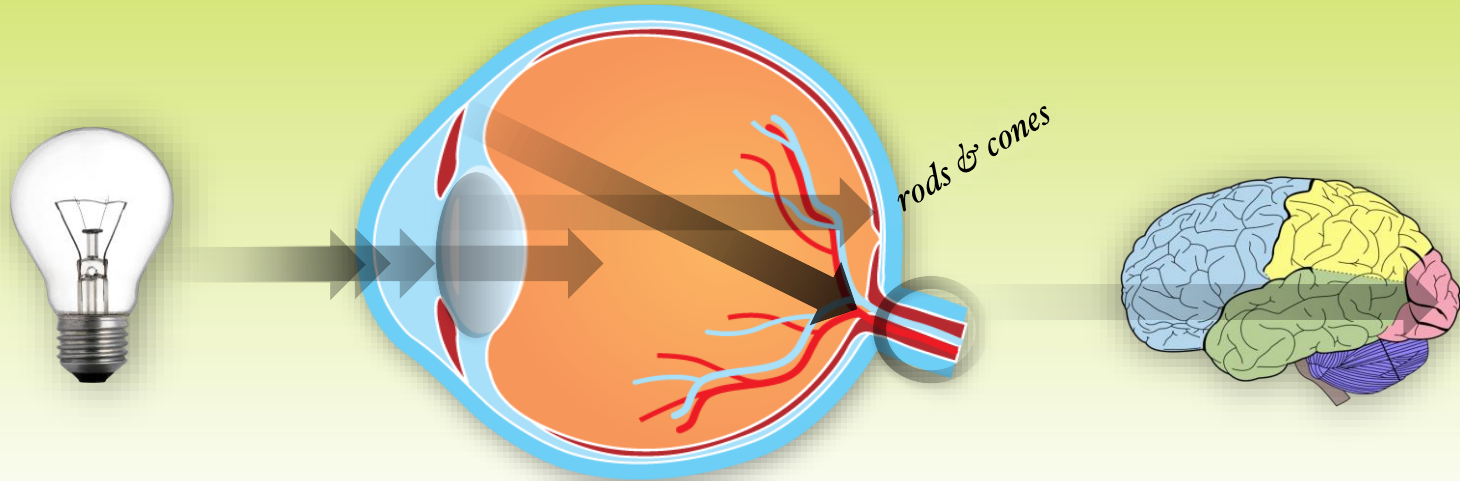
3

Light-sensing retina must respond to image  
And create coherent electrical message.

4

Brain must process message to produce  
Perception of the image.

*the BRAIN and the EYE work together to produce vision*



**LIGHT CORNEA  
HUMOR**

**VITREOUS  
GEL**

**RETINA  
NERVE**

**OCCIPITAL  
CORTEX**



## WHAT IS GLAUCOMA?

*Glaucoma is an eye disease that causes loss of sight by damaging the optic nerve.*

*One begins to lose patches of vision, usually peripheral vision.  
Over time, glaucoma may also damage central vision.*



## THE SNEAK THIEF OF SIGHT

*Glaucoma is generally asymptomatic,  
Often for years, until a large  
amount of vision is lost..*

*Once lost, vision can't be restored.*

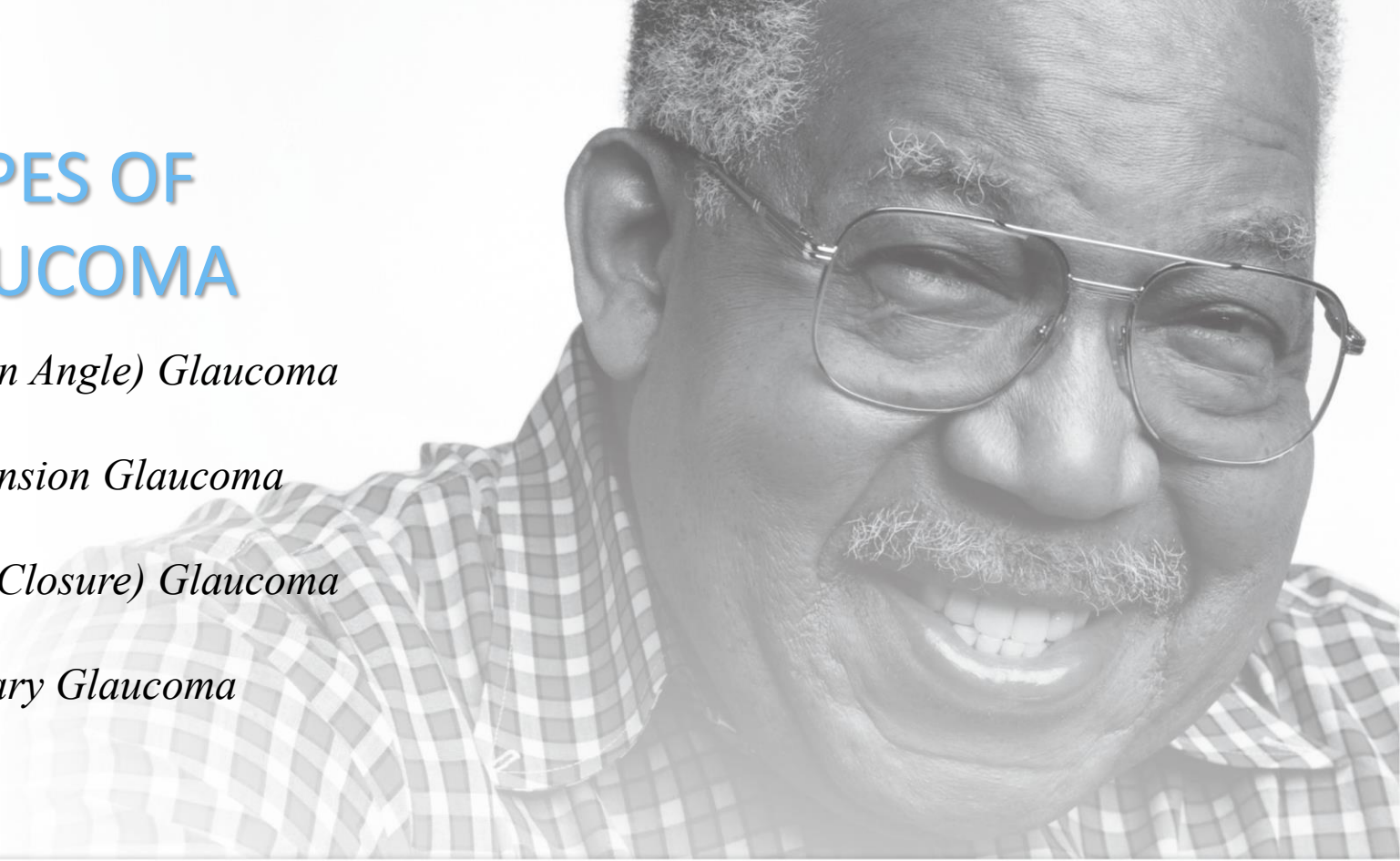
# TYPES OF GLAUCOMA

*Chronic (Open Angle) Glaucoma*

*Normal Tension Glaucoma*

*Acute (Angle Closure) Glaucoma*

*Secondary Glaucoma*





# GLAUCOMA RISK FACTORS



Age



Race

- African American
- Hispanic



Family History



Medical History

- Diabetes





# HOW GLAUCOMA DAMAGES THE EYE

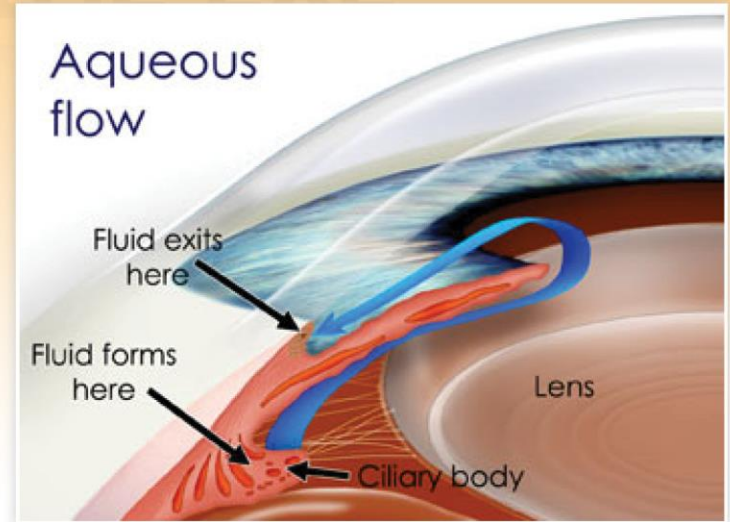
DOCTORS DON'T KNOW EXACTLY HOW  
GLAUCOMA DAMAGES THE OPTIC NERVE:  
THEORIES INCLUDE:



High Eye Pressure



Vulnerable Optic Nerve



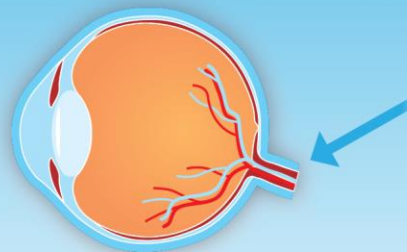
# SYMPTOMS

➡ Glaucoma is often asymptomatic, Often for years, until a large Amount of vision is lost.

➡ Sneak Thief of Sight.

➡ Approximately half of all people With glaucoma are unaware They have the disease.

➡ Loss of vision, particularly side vision.



Causes progressive Damage To optic nerve.



Causes loss of peripheral Vision (tunnel vision); Can lead to blindness.

# SIGNS OF GLAUCOMA






*Optic Nerve damage*

*Increased eye pressure  
(elevated intraocular pressure)*

*Vision loss  
(visual field loss)*



# CHECKING FOR GLAUCOMA

-  Ophthalmoscopy
-  Photography or Optic Nerve  
And Retinal Imaging
-  Tonometry
-  Perimetry
-  Gonioscopy



# TREATING GLAUCOMA

*Glaucoma can usually be treated and controlled using medications, laser surgery, glaucoma surgery or a combination of these treatments.*



MEDICATION

LASER

SURGERY



# MEDICATIONS

- ➡ Glaucoma medications are used to Lower pressure inside the eye.
- ➡ Often, medications must be taken for life to limit vision loss.
- ➡ Usually in the form of drops, but also come in pills or ointment.
- ➡ May cause side effects.
- ➡ It's important to follow the treatment plan And have regular follow-up visits.
- ➡ Skipping doses may put vision in danger.





# LASER SURGERY

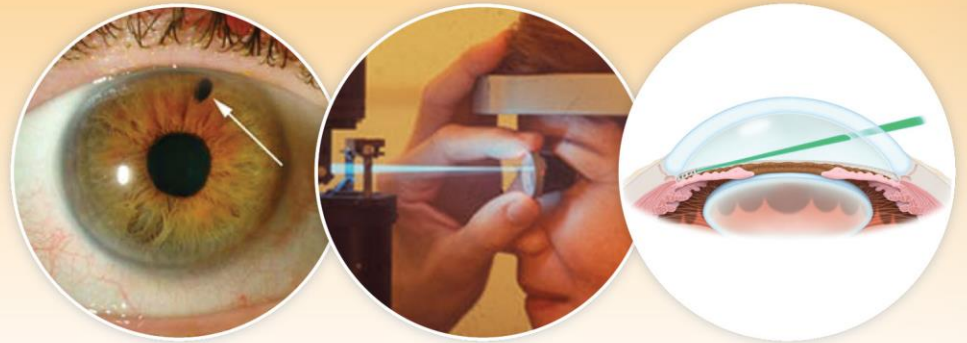
LASERS ARE USEFUL FOR TREATING GLAUCOMA BECAUSE THEY AVOID CUTTING AND HAVE LOWER RISK OF COMPLICATIONS.



Laser Trabeculoplasty



Peripheral Iridotomy



LASER SURGERY IS USUALLY SUCCESSFUL, BUT THERE ARE SOME RISKS.

*Photos courtesy of medrounds.org, bodyofwealth.com, drtomcampbell.com*

# GLAUCOMA SURGERY

IF MEDICINE OR LASER SURGERY DOES NOT RELIEVE EYE PRESSURE, PATIENT MAY NEED GLAUCOMA SURGERY.



Filtering Surgery



Drainage Implant Surgery



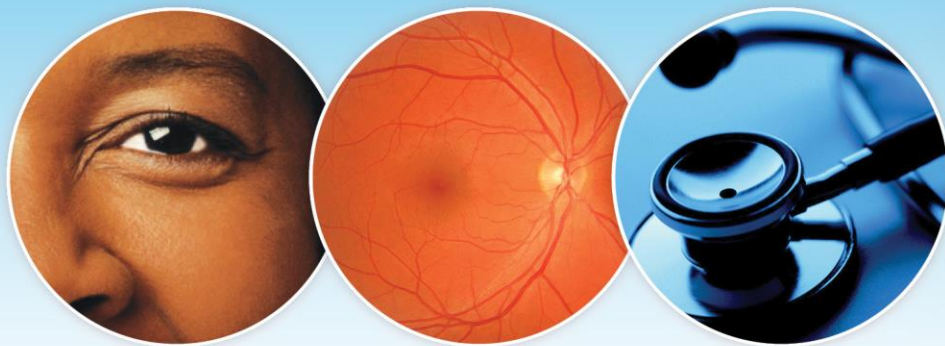
Canaloplasty



Minimal Invasive Glaucoma Surgeries







Laser Cyclophotocoagulation



# GLAUCOMA SURGERY RISKS



GLAUCOMA SURGERIES HAVE SOME POSSIBLE RISKS, SUCH AS:

-  A higher chance of getting cataracts
-  Infection or leaking of the incision
-  Too low of a pressure
-  Hemorrhages inside the eye

# PATIENT EDUCATION MESSAGES

- ➔ Glaucoma is the number one cause of blindness in African Americans and Hispanics.
- ➔ African Americans are 4 to 5 times more likely to have glaucoma and it occurs at a younger age than others.
- ➔ Hispanics are at increased risk as they age.
- ➔ People with a family history of glaucoma are at increased risk.
- ➔ Those with diabetes and certain other conditions have increased risk.



# PATIENT EDUCATION MESSAGES



Glaucoma is often called  
“the sneak thief of sight.”



People usually do not notice any  
signs of the disease until they have  
already lost significant vision.



Once you lose your vision to  
Glaucoma, it cannot be restored.  
Prevention is the key.





# PATIENT EDUCATION MESSAGES



Glaucoma can be treated if detected early.



A dilated eye exam by an eye Doctor is the only way to tell if you have glaucoma.







People at high risk need to have a Dilated eye exam every 1 to 2 years.





# THE IMPORTANCE OF PREVENTING VISION LOSS

PREVENTION IS THE ACTION YOU TAKE TO PROTECT YOURSELF FROM HEALTH PROBLEMS AND DISEASES. A DILATED EYE EXAM IS PREVENTION:

-  It can detect eye diseases early before they cause serious vision problems. Treatments work best when they are started early.
-  Prevent your vision from getting worse.
-  Some eye diseases have no symptoms until its too late. The doctor will be Able to detect the condition and start treatment to protect your eyesight.
-  Once you lose your vision to glaucoma, it cannot be restored. Prevention is the key.

# WHAT IS A DILATED EYE EXAM

- ➔ The most important thing the eye doctor will do is to dilate your eyes to determine if there is any damage to the eyes, or if you have diseases such as glaucoma.
- ➔ The doctor looks into the eye through the pupil. The only way the eye doctor can see all the way to the back of the eye is to make the pupil bigger.
- ➔ Dilation is easy – the doctor puts a drop in the eyes, which makes the pupils bigger.
- ➔ Having your eyes dilated is the most important part of a comprehensive eye exam



# VISION SCREENING IS NOT ENOUGH



Vision Screenings are quick test and a good way to identify Problems like blurry vision, but the are not detailed enough to diagnose eye diseases such as glaucoma.



Participating in vision screenings is OK, but you must also go to the eye doctor at least once a year for a dilated exam.



You can tell you are getting a comprehensive dilated eye examination of the doctor puts drops in your eyes.



A photograph of an older man and woman sitting together, looking at a laptop screen. The man is wearing glasses and a light green polo shirt. The woman is wearing a yellow top and has her hair styled in a bun. They are both smiling and appear to be engaged in a conversation. The background is bright and out of focus, suggesting an indoor setting with large windows.

## COMMON BARRIERS TO RECEIVING EYE CARE

*Discuss possible barriers to care with your patients, and offer suggestions to help them overcome barriers they may experience.*



# FINDING AN EYE DOCTOR

HELP YOUR PATIENTS UNDERSTAND THE DIFFERENT TYPES OF EYE DOCTORS, AS WELL AS THE ROLE OF AN OPTICIAN.



Ophthalmologist



Optometrist



Optician

BE SURE TO REQUEST A DILATED EXAM WHEN SCHEDULING AN APPOINTMENT. MAKE THE APPOINTMENT, KEEP THE APPOINTMENT!



# TRANSPORTATION



ONE OF THE GREATEST CHALLENGES TO KEEPING AN APPOINTMENT CAN BE TRANSPORTATION.

IF YOUR PATIENT DOESN'T HAVE ACCESS TO A CAR OR PUBLIC TRANSPORTATION, ASK IF THEY HAVE A FRIEND OR FAMILY MEMBER WHO COULD TAKE THEM TO THE DOCTOR.

THERE ARE MANY RESOURCES IN THE AREA FOR TRANSPORTATION. PROVIDE A RESOURCE LIST TO YOUR PATIENT.

NON-EMERGENCY MEDICAL TRANSPORTATION SERVICES MAY BE AVAILABLE THROUGH THE PATIENT'S INSURANCE PROVIDER, OR THE PATIENT MAY QUALIFY FOR THESE SERVICES THROUGH THE TEXAS HEALTH AND HUMAN SERVICES MEDICAL TRANSPORTATION PROGRAM.



# COVERING COSTS

MANY PATIENTS WILL HAVE PRIVATE INSURANCE, MEDICARE OR MEDICAID BUT MAY NOT UNDERSTAND THEIR VISION BENEFITS, HELP THEM UNDERSTAND THEIR VISION COVERAGE.

SOME PEOPLE MAY BE UNDERINSURED WITH NO VISION COVERAGE OR HAVE NO INSURANCE. TELL YOUR PATIENTS TO ASK FOR HELP IF THEY NEED ASSISTANCE COVERING THE COST OF A DILATED EYE EXAM. THEY MAY BE ELIGIBLE FOR A NO-COST OR LOW-COST PROGRAM.

PROVIDE THE FINANCIAL ASSISTANCE LIST AND MEDICARE FACT SHEET TO THOSE WITHOUT PRIVATE INSURANCE.





## COMMUNICATING WITH YOUR EYE DOCTOR

*Help your patients understand the importance of discussing  
Their vision and eye care needs with the doctor.*

# HAVING A GOOD CONVERSATION



DOCTORS APPRECIATE YOUR DESIRE TO TAKE RESPONSIBILITY, AND WILL ENCOURAGE YOU TO BE AN ACTIVE PARTICIPANT IN YOUR TREATMENT AND EYE CARE.

YOU HAVE THE RIGHT TO BE A PARTNER IN YOUR EYE CARE AND TO RECEIVE A CLEAR EXPLANATION OF THE DOCTOR'S FINDINGS AND PROPOSED TREATMENT.

LET THE DOCTOR KNOW YOU ARE INTERESTED IN YOUR EYE HEALTH.

# BE A GOOD LISTENER

OVER HALF OF ALL PATIENTS  
FORGET WHAT THE DOCTOR TELLS  
THEM IN AN EXAMINATION.

- ➡ Write it down
- ➡ Ask for a brochure or written material.
- ➡ Take someone with you.





## SPEAK UP

*If your doctor says something you don't understand, speak up.*

*Ask the doctor to explain your diagnosis and treatment in another way.*

*Don't let fear, frustration or embarrassment stop you from asking questions*



# DON'T GIVE UP



If it seems the doctor is in a hurry, you can slow it down – it is your right to get answers about your vision.



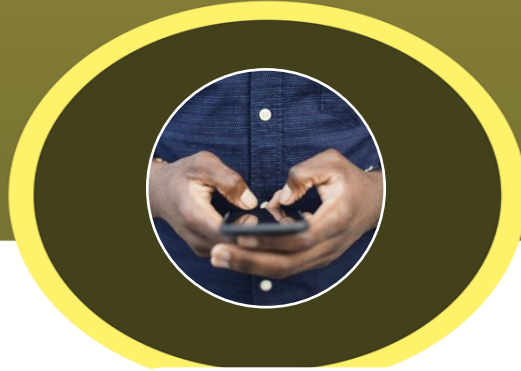
Call the doctor's office if you think of questions later.



Don't let a bad experience in the past affect your future.



# FOLLOW US ON SOCIAL MEDIA



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**Prevent  
Blindness**  
Texas

## CONTACT US

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