



How to Test for Glaucoma?

During a glaucoma exam your eye health practitioner will:

- Measure your eye pressure, also known as intraocular pressure (IOP).
- Inspect your eye's drainage angle.
- Examine your optic nerve for damage.
- Test your central and peripheral (side) vision.
- Take a picture or computer measurement of your optic nerve.
- Measure the thickness of your cornea.

It is important to remember that glaucoma cannot be self-detected. Only an optometrist or an ophthalmologist can determine whether you have glaucoma or not



<https://www.glaucomalaysia.org/>



Understanding Glaucoma

Do you know?

Glaucoma is usually caused by an increase in intraocular pressure (IOP) which can damage the optic nerve. The level of elevated eye pressure which causes progressive damage to the optic nerve varies between people.

Some people can have high eye pressure without glaucoma (known as ocular hypertension) while other people can have normal eye pressure with glaucoma (known as normal tension glaucoma).



**MALAYSIAN
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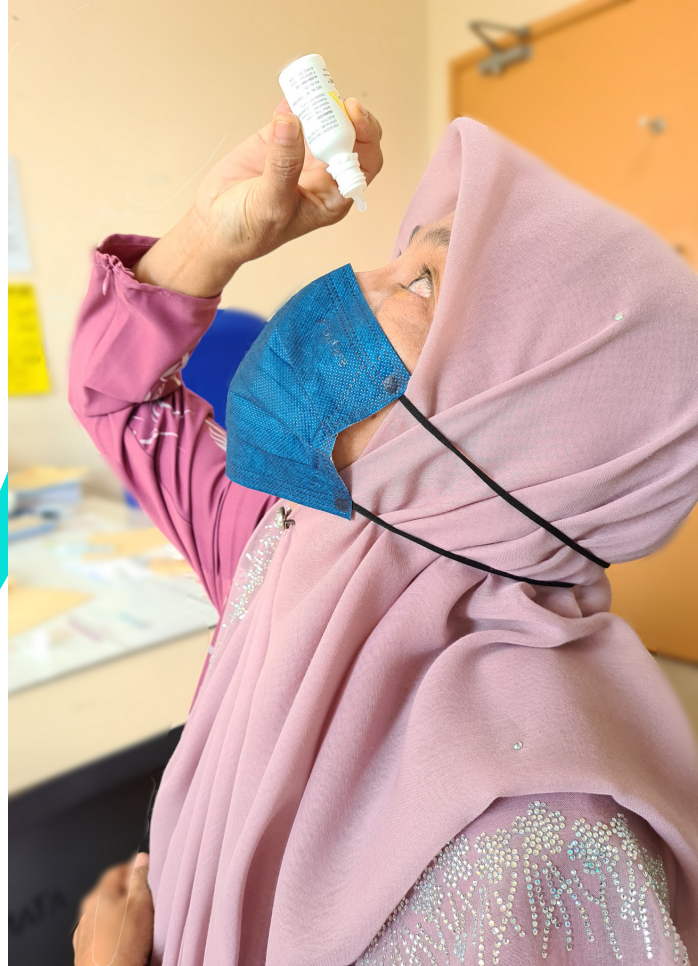
What is Glaucoma?

Glaucoma is the name given to a group of eye diseases where vision is lost due to damage to the optic nerve. It causes irreversible vision loss due to damage to the optic nerve. The loss of sight is usually gradual and a considerable amount of peripheral (side) vision may be lost before there is an awareness of any problem. Unfortunately, there is no cure for glaucoma, and vision loss is irreversible

Who is at Risk?

Risk factors for glaucoma includes:

- have a family history of glaucoma
- have high eye pressure
- are aged over 50
- are of African or Asian descent
- have diabetes
- are short or long-sighted
- have been on a prolonged course of steroid medication
- experience migraines
- have had an eye operation or eye injury
- have a history of high or low blood pressure
- experience obstructive sleep apnoea



Glaucoma is one of
the leading causes of
irreversible blindness
in Malaysia

What Treatment is Available?

Eye Drops

Eye drops are the most common form of treatment for glaucoma. If you've been prescribed eye drops it is very important that you continue to use them exactly as prescribed.

Laser Treatment

Different lasers are used to treat open and closed angle glaucoma. Laser can be applied to the iris or the trabecular meshwork to allow aqueous fluid to flow more effectively within the eye, and drain better by the normal drainage channels within the eye.

- Selective Laser Trabeculoplasty (SLT)
- Laser Peripheral Iridotomy (LPI)
- Cyclodiode Laser Treatment
- Argon Laser Treatment

Surgery

Surgery may sometimes be required if the disease cannot be controlled using medications or laser, or the patient is intolerant of the above strategies. The requirement for surgery becomes more urgent the more aggressive or advanced glaucoma becomes.

- Minimally Invasive Glaucoma Surgery
- Trabeculectomy
- Glaucoma Drainage Devices (GDD)