



Did you know, ten facts about Glaucoma?

1. Glaucoma is the group term for a range of eye conditions affecting the optic nerve.
2. The purpose of the optic nerve is to transport information from the eye to the brain.
3. High pressure in the eye can result in damage to the nerve fibres feeding into the optic nerve via the optic disc.
4. This damage leads to disruption in the visual information between the eye and the brain.
5. The physiological changes that an individual might experience are deterioration in peripheral vision, changes in the rate of adjustment/adaptation to different light conditions and environments, contrast, and light sensitivity.

6. Peripheral vision is the part of vision that identifies surroundings and obstacles when we move through an area. Peripheral loss may impact on the ability to move around safely, increase the risk of falling and impact on confidence to go out independently.
7. Treatments for Glaucoma to control pressure in the eye to avoid further damage, include eye drops, laser treatment and surgery
8. It is more common as you get older
9. You could be more at risk if there is a history of Glaucoma in your family, you are diabetic or are of African Caribbean or South Asian ethnic origin.
10. Early signs and symptoms of Glaucoma are not always noticeable, but can be identified at an eye test, making it important to have regular eye health checks.

You can request a Sensory Impairment Assessment to help with your sight loss, from your local sensory team or contact them for practical advice, information, and support. In York, this is the Yorsensory Team, 01904 202292 or enquiry@yorsensory.org.uk

If you are concerned about your eyesight please contact your optician or GP

**Information sourced from the Royal National Institute for the Blind (RNIB) and Glaucoma UK*