

Glaucoma: What Is It?

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Glaucoma, a chronic condition, results from damage to the optic nerve. It forms an incurable group of eye diseases, potentially affecting all age groups, but more prevalent among those aged 40 to 60. Its symptoms emerge slowly, with subtle vision changes that can be challenging to perceive. Glaucoma encompasses various types, some lacking clear warning signs, leading to delayed recognition of vision deterioration. Among the five subtypes are open-angle, angle-closure, normal tension, secondary, and pigmentary glaucoma.

Open-Angle Glaucoma:

- Accounting for 90% of cases, this common type arises from clogged eye drainage, causing insufficient fluid drainage and increased intraocular pressure. Early signs are scarce, yet timely diagnosis and treatment yield positive outcomes.

Angle-Closure Glaucoma:

- Less common, this occurs when the iris obstructs the drainage system, with symptoms including headaches, visual halos, blurry vision, nausea, and eye pain.

Normal Tension Glaucoma:

- In this form, optic nerve damage occurs even without high eye pressure, impacting central vision and often associated with

optic nerve vessel hemorrhages. Its cause is still under study, possibly linked to blood flow abnormalities.

Secondary Glaucoma:

- This form has identifiable causes for the increased eye pressure that leads to the damage of the optic nerves. Treatment depends on the underlying cause, such as exfoliative, neovascular, or traumatic glaucoma.

Pigmentary Glaucoma:

- This form emerges from pigment accumulation in the eye's drainage system, resulting in clogs. It predominantly impacts young nearsighted Caucasian males, with the potential to harm the drainage system and increase eye pressure.

Early detection of glaucoma facilitates preventive actions to mitigate or prevent vision loss. Early detection of glaucoma facilitates preventive actions to mitigate or prevent vision loss. There are various treatments available for this disease and consulting with an eye specialist is key to having an optimal treatment approach.

