

# January Is National Glaucoma Awareness Month



Take a few moments to learn about the risk factors of glaucoma so you can stay ahead of the disease.

According to the Centers for Disease Control and Prevention (CDC):  
**Glaucoma isn't a singular disease.**

It's a group of related eye diseases that damage the optic nerve and can cause vision loss.

Glaucoma is the <b>second-leading cause of blindness</b> worldwide.	Around <b>3 million Americans have glaucoma</b> , and more than 4 million may have it by 2030.
<b>50% of those people don't know</b> they have the condition.	Glaucoma often has <b>no symptoms until it is advanced</b> .

Losing peripheral vision is one early symptom of glaucoma.

According to the National Eye Institute, there are two types of glaucoma:

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**Open-angle glaucoma**  
Open-angle glaucoma makes up **90% of cases**.

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**Angle-closure glaucoma**  
Angle-closure glaucoma is **rare but can come on suddenly**, causing intense eye pain and blurry vision.

The people most at risk for glaucoma are:

- Everyone older than 60
- People who are severely nearsighted
- People with diabetes
- People with a family history of glaucoma



Groups at particular risk are\*:

Black people are up to **8 times more likely than white people to get glaucoma**.

People with diabetes are **2 times more likely to develop glaucoma**.

\*Source: CDC



Glaucoma cannot be cured, but it can be treated before blindness occurs.

**Annual or biannual eye exams are the best way to monitor your eyes.**

Treating glaucoma involves lowering the pressure in your eyes.

Treatments can include:

- Eye drops
- Laser treatments
- Oral medications
- Surgery



Concerned about your glaucoma risk factors?  
Talk with a provider: [weillcornell.org/doctors](http://weillcornell.org/doctors)