

# 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 second-leading cause of blindness worldwide.

Around 3 million Americans have glaucoma, and more than 4 million may have it by 2030.

50% of those people don't know they have the condition.

Glaucoma often has no symptoms until it is advanced.

**Losing peripheral vision** is one early symptom of glaucoma.

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

Open-angle glaucoma

Open-angle glaucoma makes up 90% of cases.

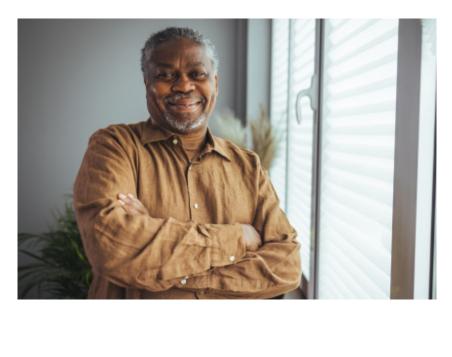
### **Angle-closure glaucoma**

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



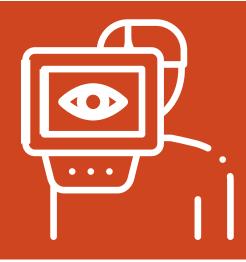


## **Groups at particular risk are\*:**

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





Weill Cornell Medicine

Concerned about your glaucoma risk factors?

Talk with a provider: weillcornell.org/doctors