

## The Quick Summary

You have glaucoma. You need to keep up with your eye doctor visits and instructions in order to prevent it from getting worse. Bad glaucoma can sneak up on you without you noticing, and the changes are irreversible.

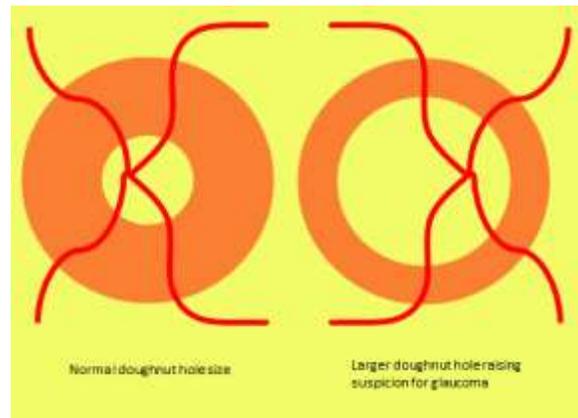
### Glaucoma

We think you have glaucoma based on your testing and Dr. Shalwala's exam of your eye. Glaucoma is a disease of the optic nerve, which carries information from the eye to the brain. Most patients don't notice any symptoms until the disease is very advanced. Once glaucoma is advanced, most of the vision in the eye is usually lost, and that loss can't be fixed. That's why we want to stop the glaucoma from getting any worse than it already is.

The exam findings that show that you have glaucoma are the changes visible in your optic nerve. Optic nerves look like doughnuts of nerve fibers with a central "doughnut hole" of supportive nerve material. In glaucoma, the nerve fibers are lost, so the doughnut hole gets bigger.

In order to track your glaucoma, we perform multiple tests including the visual field test. Visual field loss is how glaucoma can ultimately affect your eye. Glaucoma causes loss of side vision before loss of central vision.

Fortunately, many people who have glaucoma can be controlled with our treatments. Even people who would otherwise have gone totally blind can be stable with their glaucoma if their eye pressures can be controlled. High eye pressure is the only thing that we can fix to try to keep glaucoma from getting worse. **High eye pressure and high blood pressure are generally NOT related.** A "normal" eye pressure is between 10 and 22, but since you have glaucoma, what is good for you may not be the same as what is "normal."



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