

## Glaucoma Patient Checklist

### Did you know glaucoma affects approximately 60 million people worldwide?<sup>1,2</sup>

While Alcon continues to research and develop innovative treatments for this disease, early diagnosis and proper management can potentially slow its progression.<sup>3</sup>

Ask your doctor about glaucoma testing today if one or more of the items on the checklist describes you. Testing is advised every year or two after age 35.<sup>4</sup>

**Talk to your doctor today about glaucoma. Maintain your eye health with regular appointments.**

### The following factors can increase your risk of glaucoma:

#### ☐ Age

People **60 and over** have **six times** the risk of developing glaucoma<sup>5</sup>

#### ☐ Race

Those of **African American** and **Hispanic** descent are at an increased risk of glaucoma<sup>6</sup>

#### ☐ Family History

Glaucoma is **4 to 9** times more likely if you have an **immediate family** member who has suffered from the disease<sup>6</sup>

#### ☐ Medical Conditions

**Heart** disease, **diabetes**, high **blood pressure**, current or previous **eye injuries**, and prolonged use of oral **steroids** or cortisone treatment factor into an increased risk of developing glaucoma<sup>7</sup>

#### ☐ Eye Pressure

High **Intraocular Pressure (IOP)** is currently the only identifiable and treatable risk factor for glaucoma<sup>8</sup>

#### ☐ Severe Nearsightedness<sup>5</sup>

#### ☐ Central Corneal Thickness <.5 mm<sup>6</sup>

<sup>1</sup> Lighthouse International. Prevalence of Vision Impairment. <http://www.lighthouse.org/research/statistics-on-vision-impairment/prevalence-of-vision-impairment/>. [Accessed July 22, 2016]

<sup>2</sup> Quigley, H., Broman, A. Br J Ophthalmol. 2006 March; 90(3): 262-267. The number of people with glaucoma worldwide in 2010 and 2020. [Accessed July 22, 2016]

<sup>3</sup> The Glaucoma Foundation. Treating Glaucoma. [http://www.glaucomafoundation.org/treating\\_glaucoma.htm](http://www.glaucomafoundation.org/treating_glaucoma.htm). [Accessed July 22, 2016]

<sup>4</sup> The Glaucoma Foundation. Five Common Glaucoma Tests. <http://www.glaucoma.org/glaucoma/diagnostic-tests.php>. [Accessed July 22, 2016]

<sup>5</sup> Glaucoma Research Foundation. Glaucoma Facts and Stats. <http://www.glaucoma.org/glaucoma/facts-and-stats.php>. [Accessed July 22, 2016]

<sup>6</sup> Glaucoma Research Foundation. Are You at Risk for Glaucoma. <http://www.glaucoma.org/glaucoma/are-you-at-risk-for-glaucoma.php>. [Accessed July 22, 2016]

<sup>7</sup> American Optometric Association. Glaucoma. <http://www.aoa.org/Glaucoma.xml>.

<sup>8</sup> Indian J Ophthalmol. 2008 May-June; 56(3): 223-230. Practical Approach to Medical Management of Glaucoma. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2636120/>. [Accessed July 22, 2016]

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**Talk to your doctor today about glaucoma. Maintain your eye health with regular appointments and by visiting MyGlaucoma Support.com for additional resources and tools to help manage the disease.**

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