

# Watch out for glaucoma

Glaucoma is a disease that harms your vision as a result of the damage to the optic nerve. Here's what happens: Normally, your eyes produce a liquid called aqueous humor. It constantly flows over the inside of the eye and keeps it healthy. In most cases, the liquid enters the eye and drains out.

But sometimes the drainage system doesn't work right, and the liquid keeps building up. This can cause pressure within the eye — and damage the optic nerve. That's the most common cause of glaucoma.

## Who's at risk?

Anyone of any age can get glaucoma — even infants. But people over the age of 60 are the most likely to develop it. Glaucoma also tends to run in families. Glaucoma can cause visual damage that can't be fixed. It can even lead to blindness.

## Symptoms of glaucoma

Sometimes early glaucoma has no symptoms. When there are warning signs, they include:

- Eye pain
- Blurry eyesight
- Severe headaches
- Redness in the eyes
- Seeing halos around lights
- Nausea and vomiting

## Treating glaucoma

There's no cure for glaucoma at this time. However, eye doctors can often help slow down or prevent loss of vision, especially in the early stages. Treatments try to lower the pressure in the eye. They could include eye drops, laser treatment, surgery and/or medication.

## How you can help yourself

An eye doctor can determine if you have glaucoma. Annual eye exams include tests for glaucoma that are painless and non-invasive.

See an eye doctor regularly to help keep your eyes healthy.

## The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs.