

Glaucoma: Symptoms, Treatments & Prevention Tips



What is Glaucoma?

Glaucoma is a group of eye diseases that damage the optic nerve, often due to high intraocular pressure (IOP). It is a leading cause of irreversible blindness, but early detection and treatment can prevent severe vision loss.

Types of Glaucoma

1. **Primary Open-Angle Glaucoma (POAG)** – The most common type, progressing slowly with no early symptoms.
2. **Angle-Closure Glaucoma** – A medical emergency causing sudden vision loss, eye pain, and nausea.
3. **Normal-Tension Glaucoma** – Optic nerve damage occurs despite normal IOP.
4. **Secondary Glaucoma** – Caused by eye injuries, inflammation, or medications.

Symptoms to Watch For

- Gradual loss of peripheral vision (tunnel vision in later stages)
- Severe eye pain, headaches, and nausea (acute angle-closure glaucoma)

- Blurred vision and halos around lights
- Redness in the eye

Advanced Glaucoma Treatments

1. **Medications:** - Prescription eye drops (prostaglandins, beta-blockers) help reduce eye pressure.
2. **Laser Therapy:** -
 - => **Laser Trabeculoplasty (SLT):** Improves fluid drainage in open-angle glaucoma.
 - => **Iridotomy:** Creates a small hole in the iris to treat angle-closure glaucoma.
3. **Surgical Options:** -
 - => **Trabeculectomy:** A small flap is created to drain excess fluid.
 - => **Glaucoma Drainage Implants:** Tiny tubes shunt fluid to lower IOP.
 - => **Minimally Invasive Glaucoma Surgery (MIGS):** Faster recovery with fewer complications.

For expert care, consult a [glaucoma eye specialist](#) at a reputable [eye care hospital in Guwahati](#) for personalized treatment.

Prevention & Early Detection

- Regular eye exams after age 40
- Managing diabetes and blood pressure
- Protecting eyes from injury

Conclusion

Glaucoma can silently steal vision, but timely intervention preserves eyesight. If you experience symptoms, seek immediate evaluation. Advanced treatments, including laser and surgery, offer hope for maintaining healthy vision.