



Glaucoma

Physiology Lab- 17

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Glaucoma

Glaucoma occurs when fluid pressure increases in the eye, damaging the optic nerve. People with glaucoma can lose their vision and eventually become blind. In fact, glaucoma is one of the leading causes of blindness globally. ^[12]

The goal of treatment is to reduce pressure in the eye and prevent permanent vision loss. Treatments that help slow the disease's progression include: ^[13]

- Medicines, like eye drops
- Laser treatment
- Surgery

Additionally, a healthcare provider may recommend a combination of those methods.

Cataracts

Cataracts cloud your eye's lens, leading to blurry vision and eventual vision loss. As you age, the proteins in your eye clump together and cause cloudiness, making it challenging to see correctly.

Other symptoms of cataracts include: ^[15]

- Seeing colors fade
- Difficulty seeing at night
- Sensitivity to light
- A "halo" that appears around lights
- Double vision
- Frequent changes in prescription glasses or contact lenses

An ophthalmologist can diagnose cataracts with a comprehensive eye exam and prescribe treatment. Usually, treatments for cataracts include prescription eyeglasses or surgery.

In 2020, the CDC estimated that about 30 million people had cataracts in the United States. ^[16] Risk factors for cataracts include:

[17]

- Smoking
- Obesity
- High blood pressure
- Certain medications
- Diabetes