

The **5 Tips to Help Prevent Vision Loss & Successfully Manage Glaucoma** are supported by recent revised European Glaucoma Society guidelines, devised by experts to help ensure successful glaucoma diagnosis and management.

1

Remember to have a complete eye examination

It is important to get a complete eye exam including an assessment of the optic nerve. In many cases, by the time you notice vision loss glaucoma has been slowly and silently causing irreversible damage.

2

Know your eye pressure and monitor any changes

Damage to the optic nerve is often caused by pressure in the eye that is too high. It is important to know and understand your individual IOP as target pressure may be different for each individual patient⁵.

3

Take your medication as your doctor instructs

Glaucoma is a lifelong condition. In order to achieve the best treatment outcome, it is crucial to take your medication as directed by your eye health professional.

4

Know your risk factors

The primary risk factors for glaucoma include being over 45, a family history of glaucoma, high intraocular pressure (IOP), marked nearsightedness, African, Asian or Hispanic heritage⁴.

5

Visit an eye health professional to ensure your disease is identified early and appropriately managed

If you think you are at risk of glaucoma, early diagnosis could help make sure you have the best chance of maintaining your vision long term. If you have already been diagnosed with glaucoma, appropriate treatment is important to help prevent the disease from advancing and potentially reduce the impact of glaucoma.