

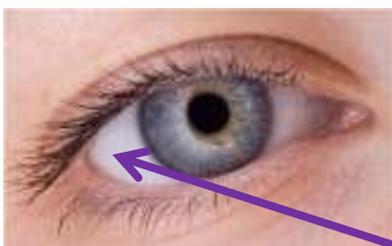
Glaucoma



Glaucoma is a problem with your eyes

SEE ABILITY
Extraordinary every day

Easy read factsheet



Our eyes need to be healthy for us to see well

Your eye has clear liquid in it

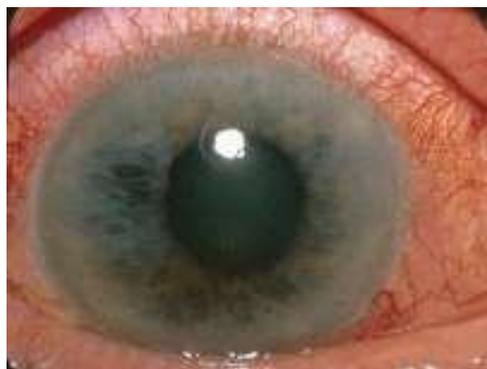
This keeps your eye the right shape

Glaucoma is a problem with the liquid in your eye

The liquid in your eye drains away and is replaced by fresh liquid

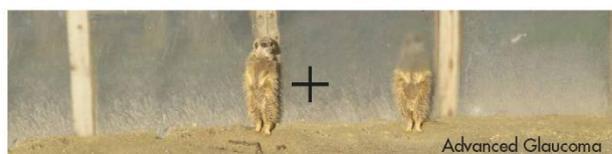
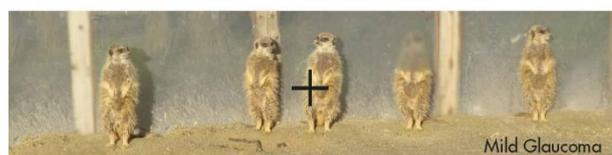
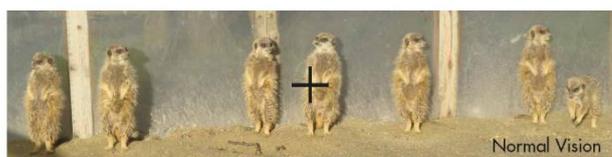
If the liquid cannot drain away properly, there can be too much liquid in your eye.

Too much liquid causes pressure. This can damage your eye



Having an eye test every 2 years or more often is important

The optician will tell you if they need to check for glaucoma



Chronic glaucoma

This is the most common type of glaucoma. It can take years to happen

You may not notice any changes to your sight for many years

When you look at the cross in the picture, you may see things clearly. This is your central vision

Without help your eyesight will get worse

Without help, you may not see things clearly outside of your central vision

An optician can find out if you have glaucoma before you notice a problem

The optician will arrange for you to go to the hospital eye clinic



Secondary glaucoma

This can happen after people have an eye operation or an eye injury



Acute glaucoma

This is when glaucoma happens very quickly. Acute glaucoma happens in a small number of people



How you notice acute glaucoma

You feel very ill and are sick



You have bad headaches



Your eyesight might suddenly become blurred or unclear. You may become blind in one eye or both eyes



If these things happen go to hospital straight away



You are more likely to get glaucoma if:

Someone in your family has glaucoma



You are over 60 years old



You are African Caribbean or African American



You are from South East Asia



You have diabetes



You are very short sighted.
This means you need glasses
for seeing things in the
distance



If you are more likely to get glaucoma it should be written in your support plan or health action plan

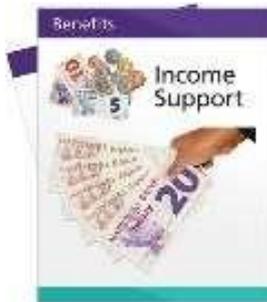


Visiting the optician for an eye test

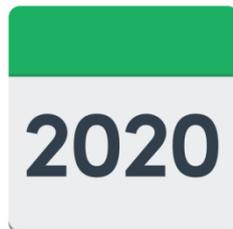
Go and see your optician if you or your supporters think you may have glaucoma



If you are over 40 and at risk of glaucoma you can get free eye tests. This includes having a close family member who has glaucoma



Many people on benefits can get free eye tests
Ask your optician for more information



You can have an eye test every year if:

- You have glaucoma
- You are over 40 and have a family member with glaucoma
- You have diabetes

You can fill in our 'Telling the Optometrist About Me' form and take it with you. Optometrist is another word for optician

Download the form at www.seeability.org/optom

A screenshot of a form titled 'Telling the optometrist about me' with the subtitle 'easy read form'. The form is from 'seeABILITY' and is titled 'Information about me and my sight'. It includes instructions for supporters to fill in the form and lists items to bring to the eye test: glasses, prescriptions, benefits evidence, and a Health Action Plan. At the bottom, there are fields for 'Your name and role', 'Your address', 'Phone number', and 'Email address'.

You can fill in the form with a supporter



Your eye test

The optician can check for signs of glaucoma

They can check how much pressure is in your eye



The optician might use a machine that puffs air onto your eye



The optician might put eye drops into your eye



The optician then might use a machine that looks into your eyes with a blue light

Treatment for glaucoma



If you have glaucoma your optician will ask you to go to a hospital eye clinic for help
You will get a letter telling you where to go



Keep having eye tests with the optician as well as your hospital appointments

Follow the advice from your optician and eye doctor



You may be given eye drops to use every day

This is the most common treatment



SeeAbility has a factsheet about eye drops – www.seeability.org/eye-drops-factsheet



You may be given tablets to take every day



Some people need to have an operation



You can choose whether to have an operation on your eye. Our Eye Surgery Support Plan will help you to do this

Download a copy at:
www.seeability.org/eye-surgery-support-plan

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