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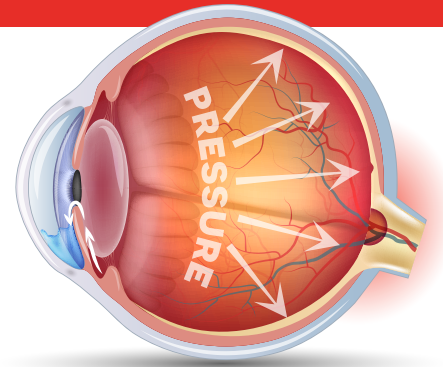
# WORLD GLAUCOMA DAY



World Glaucoma Day raises awareness about glaucoma, one of the leading causes of preventable blindness worldwide. The challenge is that many people don't know they have it until permanent vision loss has already occurred. Early detection saves sight.

## WHAT IS GLAUCOMA?

Glaucoma is a group of eye conditions that damage the optic nerve, which connects your eye to your brain. This damage is often linked to increased pressure inside the eye (intraocular pressure), but it can also occur with normal eye pressure. Vision loss from glaucoma is permanent but it can be prevented or slowed with early diagnosis and treatment.



### CAUSES & RISK FACTORS

Glaucoma develops gradually over time and there is no single clear cause. It can affect anyone, but your risk increases if you:

- Are over 40
- Have a family history of glaucoma
- Have diabetes or high blood pressure
- Are severely short-sighted or long-sighted
- Have had previous eye injuries
- Use steroid medication long term



### TYPES OF GLAUCOMA



#### OPEN-ANGLE GLAUCOMA *(most common)*

Develops slowly and painlessly. Drainage canals become clogged over time, causing pressure to build up.



#### ANGLE-CLOSURE GLAUCOMA *(acute glaucoma)*

A medical emergency. The drainage angle closes suddenly, causing a rapid rise in eye pressure.



#### NORMAL-TENSION GLAUCOMA

Optic nerve damage occurs even though eye pressure is within the normal range.



#### CONGENITAL GLAUCOMA

A rare form present at birth due to abnormal eye development.

### SIGNS & SYMPTOMS



#### OPEN-ANGLE GLAUCOMA

- Usually no early symptoms
- Gradual loss of peripheral (side) vision
- Tunnel vision in advanced stages



#### ANGLE-CLOSURE GLAUCOMA

- Severe eye pain
- Headache
- Blurred vision
- Halos around lights
- Nausea and vomiting



**If you experience sudden severe eye pain or vision changes, get urgent medical care.**

### HOW IS GLAUCOMA TREATED?

While vision already lost cannot be restored, treatment can prevent further damage and may include:

- Prescription eye drops to reduce eye pressure
- Oral medication in some cases
- Laser treatment to improve fluid drainage
- Surgery if pressure cannot be controlled with medication

Treatment is usually lifelong and requires regular monitoring.

### CAN YOU REDUCE YOUR RISK?

Early detection is critical. While you can't always prevent glaucoma, you can reduce your risk of vision loss by:



Having regular comprehensive eye exams (especially if over 40)



Managing chronic conditions like diabetes and hypertension



Knowing your family history



Taking prescribed treatment as directed



Protecting your eyes from injury

### HOW CAN THE SCHEME HELP ME?

If glaucoma (a PMB condition) is diagnosed, you must register on the Scheme's Chronic Medicine Management (CMM) programme to access benefits without exhausting your day-to-day and acute benefits.

Glaucoma is often called the 'silent thief of sight' because it develops without warning. By the time symptoms appear, vision loss may already be permanent.

**NEED HELP?** Contact your Scheme for any benefit-related queries you may have.

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