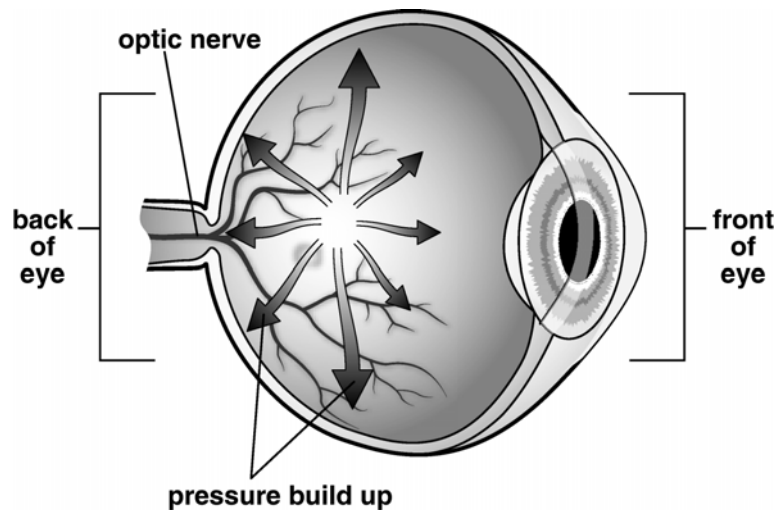


Glaucoma

Glaucoma is an eye disease that can cause vision loss or blindness. With glaucoma, fluid builds up in the eye, which puts pressure on the back of the eye. This pressure injures the optic nerve and causes vision loss. Side vision is often affected first, followed by front vision.



Types of Glaucoma

There are two main types of glaucoma:

- **Open-angle glaucoma** often has no signs until it reaches an advanced stage. The pressure slowly damages the optic nerve over time. This affects both eyes but you may have signs in one eye first.
- **Angle-closure glaucoma** has a very fast rise in pressure and sudden signs. Permanent vision loss can occur within one day so it is very important to seek medical care right away.

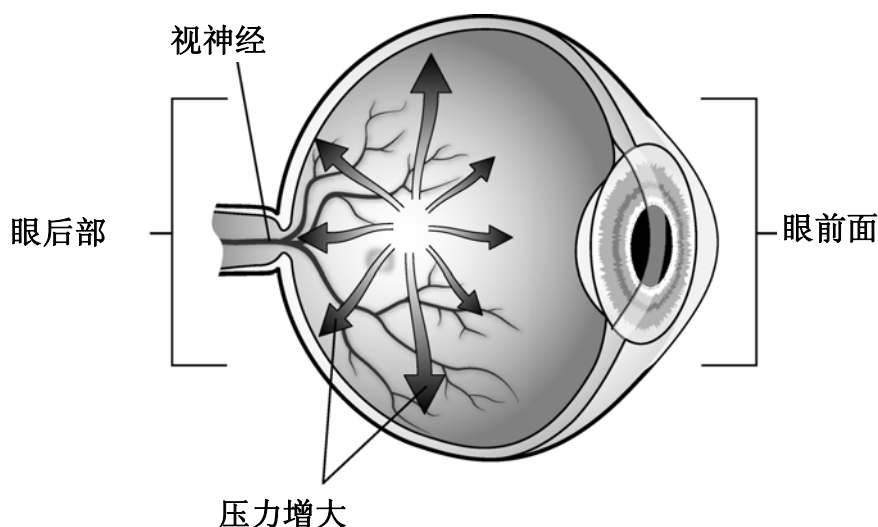
Risk Factors

You are at risk for developing glaucoma if you:

- Have a family member with glaucoma
- Have diabetes, high blood pressure, heart disease or hypothyroidism
- Are nearsighted
- Have had an injury to the eye, certain eye surgeries or chronic eye inflammation

青光眼

青光眼是可能导致视力丧失或失明的眼病。青光眼是眼内积液对眼后部产生压力所致。这个压力会伤害视神经，导致视觉丧失。往往首先受影响的是侧向视力，然后是前向视力。



青光眼的类型

青光眼主要有两类：

- **开角型青光眼**：经常是到晚期才有迹象。眼内压力慢慢损伤视神经，双眼均受影响，但可能是一侧的眼睛先出现症状。
- **闭角型青光眼**：眼压升高很快，症状突然出现。可能会在一天内造成永久性的视觉损失，因此必须立即就医。

风险因素

罹患青光眼的风险因素有：

- 有家人患青光眼
- 患糖尿病、高血压、心脏病或甲状腺机能减退症
- 近视
- 眼睛曾受伤、某些眼部手术或慢性眼部炎症

- Have been taking steroids for long periods of time
- Are over age 60
- Are African-American or Mexican-American
- Are of Asian-American descent – this puts you at increased risk for angle-closure glaucoma

Signs

Glaucoma may have no signs until there is vision loss. Other signs you may have:

- Blurred vision
- Halos around lights
- Loss of peripheral or side vision
- Tunnel vision
- Red eyes
- Severe eye pain
- Nausea and vomiting

Treatment

Your eye doctor may do tests to check your:

- Eye pressure
- Optic nerve
- Vision

Glaucoma cannot be cured and damage cannot be reversed. But with treatment, eye pressure can be decreased and further vision loss can be prevented. Eye drops are the most common early treatment for glaucoma. Other treatments may include oral medicines, laser treatment or surgery. When you have glaucoma, it must be treated for the rest of your life.

- 曾长期使用类固醇
- 年龄超过 60 岁
- 非洲裔美国人或墨西哥裔美国人
- 亚裔美国人患封闭角型青光眼的可能性较高

症状

青光眼在视力丧失之前可能没有症状。其他症状包括：

- 视力模糊
- 看灯光有晕环
- 丧失周边视力或侧向视力
- 视野狭窄
- 眼睛发红
- 眼睛剧烈疼痛
- 恶心和呕吐

治疗

眼科医生可能检查：

- 眼压
- 视神经
- 视力

青光眼无法治愈，造成的损伤是无法逆转的。但是通过治疗，可降低眼压，防止视力的进一步丧失。青光眼最常见的治疗方法是滴眼液。其他治疗方法包括口服药物、激光治疗或手术。患青光眼后，终身都必须接受治疗。

Your Care

There is no proven way to prevent glaucoma. If increased eye pressure is detected and treated early, it can decrease loss of vision and prevent blindness.

- Have your eyes checked and tested for glaucoma at least every five years after age 40. If your pressure readings begin to rise, you will need to have eye exams more often.
- To prevent increased pressure in your eyes:
 - Find ways to cope with stress.
 - Exercise regularly.
 - Limit caffeine.
 - Eat a healthy diet of fruits and vegetables.
 - Wear eye protection during work or with sports to prevent injury.
- Control your diabetes, high blood pressure, cholesterol and heart disease.
- Do not use herbal remedies that are advertised for glaucoma treatment. These are not proven effective and may delay your getting proper treatment.

Talk to your doctor or nurse if you have any questions or concerns.

护理

青光眼还没有确证的方法预防。如果发现眼压升高并及早治疗，可减少视力丧失，防止失明。

- 年满 40 岁后，至少每五年进行一次青光眼检查。如果眼压读数开始升高，则需要提高眼检频率。
- 要防止眼压升高：
 - 处理好压力。
 - 坚持运动。
 - 限制咖啡因的摄入。
 - 吃健康饮食，多吃水果蔬菜。
 - 工作或运动时采取眼睛保护措施，防止受伤。
- 控制糖尿病、高血压、血脂和心脏病。
- 不要使用广告治疗青光眼的草药，因为其未经证明有效，可能会延误正确治疗。

如果有任何疑问或担心，请咨询医生或护士。

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Glaucoma. Simplified Chinese