

GLAUCOMA

BUSTING THE MYTHS

9 BIGGEST MISCONCEPTIONS

DR SWATI SINKAR

Glaucoma: Myth #1

There is no cure for Glaucoma, so there is no need of any treatment.

Although vision loss due to Glaucoma cannot be regained, therapy can slowdown the progression of the disease and prevent further vision loss.

Glaucoma is a degenerative condition that requires regular monitoring and treatment to prevent blindness. You must seek treatment from a Specialist Ophthalmologist having expertise in Glaucoma eye condition.

Glaucoma: Myth #2



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Only the elderly are affected by Glaucoma.

Glaucoma is more common in the elderly, but it can affect anyone at any age, including newborns.

Even if you are young and have no visible eye problems, it is critical to get frequent eye exams to ensure that Glaucoma is diagnosed early. Early detection is vital as vision loss due to Glaucoma cannot be reversed.

Glaucoma: Myth #3



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If my vision is good, I won't be affected by Glaucoma

Most varieties of Glaucoma have no symptoms, and vision may be as good as 6/6 until late stages. Hence, when Glaucoma is detected, many people are horror-stricken.

The longer it takes to recognise and treat the disease, the worse the long-term outcome will be.

Glaucoma: Myth #4



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Glaucoma is hereditary.

Glaucoma can run in families but because not all family members are thoroughly tested for Glaucoma, family history may not be present in some instances.

Due to this reason, it is critical for all patients diagnosed with Glaucoma to have their family members examined as well.

Glaucoma: Myth #5



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Glaucoma only occurs when I have a high intraocular pressure (IOP).

It isn't always the case. While high intraocular pressure (IOP) is a risk factor for most people with Glaucoma, many patients with a severe kind of Glaucoma termed "Normal-Tension Glaucoma" may never have an elevated IOP.

On the other hand, not everyone with a high IOP has Glaucoma, they may have Ocular Hypertension.

Glaucoma: Myth #6



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There are no other options if my Glaucoma is not controlled by medications and eyedrops.

When Medications and eye drops do not control Glaucoma, surgical and laser therapies are available, which should be carried out at the earliest.

In certain types of Glaucoma, e.g. 'Angle Closure Glaucoma', which is widely prevalent, laser treatment is highly recommended and, if not done, may lead to the progress of the disease to the point of complete loss vision. Patients with Glaucoma should speak with a skilled and experienced Glaucoma Surgeon.

Glaucoma: Myth #7



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If left untreated, a Cataract can develop into Glaucoma.

Cataract is clouding of the lens of the eye, which is typically straightforward. The lens grows less flexible, less clear, and thicker as it ages. As a result, your eyesight gets hazy.

Generally, cataract has nothing to do with Glaucoma but very rarely, a significantly thickened lens can block the drainage channels causing a condition called phacomorphic glaucoma.

Increased age, high blood pressure, diabetes, and past eye damage are risk factors for Glaucoma and Cataracts. Some people over the age of 60 can have both the conditions.

Glaucoma: Myth #8



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Glaucoma can be aggravated by spending too much time staring at a computer screen.

There is no conclusive proof that prolonged computer usage is one of the causes of Glaucoma.

People with near sightedness are at a higher risk of having Glaucoma.

Glaucoma: Myth #9

Eye pain is a common symptom of Glaucoma.

Glaucoma symptoms and indications vary, based on the type and stage of the disease. Certain types of Glaucoma don't have any early warning signals.

The symptoms may appear gradually and may not be recognised until the Glaucoma has progressed to an advanced stage, when the optic nerve has been damaged by more than 50%, resulting in impaired vision.

Eye discomfort, blurred vision, halos surrounding lights, and severe headache are all possible symptoms.

About Dr Swati Sinkar



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Dr Swati is a General and Paediatric Ophthalmologist
in Adelaide and Regional South Australia.

Special Interests

Cataract
Glaucoma
Strabismus
Pterygium

Macular Degeneration
Eyelid Malposition
Paediatric Ophthalmology
Other Eye Conditions

**Book an appointment at Dr Swati Sinkar's Private Rooms in
Melbourne Street, North Adelaide.**