

## **Glaucoma in India – Facts and Figure**

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Increased intraocular pressure more than 20 mm of Hg is called as glaucoma.

Glaucoma is the 3<sup>rd</sup> leading cause of blindness in India. 12 millions of people are affected accounting for 12.8 percent of the countries blindness. It can affect any age group including new born, infants, children and elderly.

Blindness from glaucoma is irreversible. Early detection and diagnosis is the key to preserving vision.

Following individuals are at risk-

1. Age over 40 yrs
2. H/o glaucoma in family
3. Those with diabetes mellitus, thyroid disease, and hypertension.
4. Those taking steroids containing preparations
5. Sees rainbow colored rings around the bright light
6. Have a rapid change of glasses
7. Those taking medications for insomnia, anxiety, depression, asthma and Parkinsonism.
8. Those have had injury to the face and eye
9. Myopia
10. Have a frequent headache

Every year 1 crore 2 lac people become blind due to glaucoma. So after 40 yrs of age regular eye check up is a must.

6<sup>th</sup> March is celebrated as International Glaucoma day.

