

What is glaucoma?



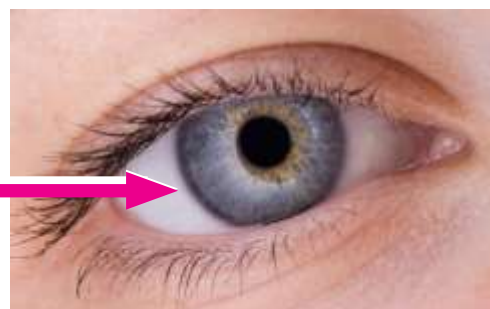
Glaucoma is a problem with your eyes



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 your eye gets too full of liquid



Too much liquid causes pressure. This damages your eye

Having an eye test every 2 years is important

The optician checks for glaucoma



Types of glaucoma:

Chronic glaucoma

This can take years to happen

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



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



Don't forget to have an eye test every 2 years



Without help your sight in both eyes will get worse and worse

Some people call this tunnel vision



Secondary glaucoma

This can sometimes happen after people have an eye operation



Acute glaucoma

This is when glaucoma happens very quickly

Acute glaucoma doesn't happen very often

How you notice acute glaucoma:

You feel very ill and are sick



You have bad headaches



You might lose a lot of your sight suddenly. 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 Afro Caribbean or Afro 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

Many people on benefits can get free eye tests

Ask your optician for more information



You can fill in our 'Telling the Optometrist About Me' form and take it with you

[Click here to download the form](#)

You can fill in the form with a supporter

A screenshot of a form titled 'Telling the optometrist about me' from SeeAbility. The form asks for personal information and details about the patient's vision and current eye care. It includes sections for 'Your vision', 'Your supporter can fill in this form with you', and 'Please also take these things with you to your eye test'. At the bottom, there are fields for 'Your name and title', 'Your address', 'Phone number', and 'Email address'.

What happens at your eye test

You have a test for glaucoma when you have an eye test

During your eye test the optician will look into your eyes and find out 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 and 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



Jasmin Baines
16 High Street
Sunnyfield
PT1 1AB

- You may be given eye drops to use every day



- You may be given tablets to take every day



- You may need to have an operation



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Revised: September 2016

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