Glaucoma Awareness

Glaucoma is a condition in which the optic nerve is damaged. The optic nerve is the part of the eye that carries the images we see to the brain. Damage to the nerve is usually associated with elevated pressure inside the eye (called intraocular pressure). However, other factors can be involved and can lead to vision loss.

There are usually no symptoms at first, but as the disease progresses, a person with glaucoma may notice his or her vision gradually failing with:

- Blurred vision
- Loss of peripheral vision
- Difficulty focusing on objects
- Presence of halos around lights

Anyone can develop glaucoma. Those who are at higher risk and should have an eye exam at least every one to two years include:

- African Americans over age 40
- Everyone over age 60
- People with a family history of glaucoma
- Individuals that have experienced a serious eye injury
- People with other health conditions, such as diabetes (exam every year)

Although glaucoma cannot be cured, early detection and treatments can usually preserve vision. Your eye care provider can help control the disease by lowering intraocular pressure with eye drops, laser treatments, or surgery. Vision loss due to glaucoma can not be restored and, if left untreated, glaucoma can lead to blindness.

Source: http://www.lighthouse.org/medical/eye-disorders/glaucoma/

Our eye care providers who specialize in treating glaucoma:

- Ali Aminlari, MD, FACS, Professor of Ophthalmology
- Joseph W. Sassani, MD, MHA, Professor of Ophthalmology and Pathology

Find out more about our faculty and eye care specialists on our website at http://www.pennstatehershey.org/web/eyecenter/home
Eat for Eye Health

The old adage that eating carrots will improve your vision is not entirely true. It is actually vitamin A, a nutrient found in carrots, that helps protect your eyes; this is the same nutrient that is found in many other vegetables including leafy greens, spinach, broccoli, and sweet potatoes. The important thing is to make sure to include a variety of vegetables in your diet for good eye health.

As part of its National Give the Gift of Sight campaign, EyeCare America is offering a free, colorful recipe book, called Feast Your Eyes on This! The cookbook makes a wonderful gift filled with eye-healthy dishes and can be printed out at www.eyecareamerica.org.

Interesting Facts

The Inuit carved goggles from caribou antlers to help prevent snow blindness. The goggles were curved to fit the user’s face and had a large groove cut in the back to allow for the nose. A long thin slit was cut through the goggles to allow in a small amount of light, diminishing the amount of UV rays that get through. The goggles were held to the head by a cord made of caribou sinew. - Vancouver Maritime Museum

What’s happening in Eye Care Research?

Clinical trials that are currently underway at the Penn State Hershey Eye Center are listed on the website of the Clinical Trials Office along with contact information for each study at:

http://www.pennstatehershey.org/web/eyecenter/research/clinicaltrials

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