

Social Media Guide World Glaucoma Week 2019



During World Glaucoma Week (10 – 16 March) Glaucoma Australia will launch a new risk awareness campaign targeting people who are at greater risk of developing glaucoma to encourage them to get their eyes tested.

Use the suggested information below for ideas on how to join in #glaucomaweek and keep an eye on our channels to see what we're up to!

Did you know?

- Glaucoma is the leading cause of avoidable blindness world-wide, affecting over 300,000 Australians, yet it is estimated that 50% of those living with glaucoma are undiagnosed. Don't let glaucoma blindside your future. Get tested. <http://bit.ly/2NtYnci> #glaucomaweek
- While nine out of 10 Australians say that sight is their most valued sense, over 8 million Australians are still not having regular eye tests. Don't let glaucoma blindside your future. Get tested. <http://bit.ly/2NtYnci> #glaucomaweek
- If you have a family history of it, are of Asian or African descent or are over 50, you are more likely than other people to develop glaucoma. Left untreated, glaucoma can lead to irreversible blindness. Early detection can save sight. Don't let glaucoma blindside your future. Get tested every 2 years. <http://bit.ly/2NtYnci> #glaucomaweek

Family History

- If you have glaucoma tell your first-degree relatives (parent, sibling or child) to get their eyes tested every 2 years. Left untreated, glaucoma can lead to irreversible blindness. Early detection can save sight. <http://bit.ly/2NtYnci> #glaucomaweek
- If you have a first-degree relative (parent, sibling or child) with glaucoma you have an almost 1 in 4 chance of developing glaucoma too; and your risk doubles if their glaucoma is advanced. Don't let glaucoma blindside your future. Get your eyes tested every 2 years from the age of 40. <http://bit.ly/2NtYnci> #glaucomaweek
- The most common type of glaucoma is Primary Open Angle Glaucoma (POAG) and your direct relatives are 10x more likely than the rest of the population to develop it if you have it. Don't let them be blindsided by glaucoma. Encourage them to get tested. <http://bit.ly/2NtYnci> #glaucomaweek

Social Media Guide

World Glaucoma Week 2019



**Glaucoma
Australia**
Saving sight

Ethnic Origin

- If your family is of African or Asian heritage there is greater risk of you developing glaucoma, compared to the rest of the population. Don't let glaucoma blindsides your future. Get your eyes tested every 2 years from the age of 40. <http://bit.ly/2NtYnci> #glaucomaweek
- Prevalence of primary angle closure glaucoma (PACG) is highest among people of Asian or Inuit descent. Don't let glaucoma blindsides your future. Get your eyes tested every 2 years from the age of 40. <http://bit.ly/2NtYnci> #glaucomaweek
- If you are of African descent you have a higher risk of developing open angle glaucoma. Get your eyes tested every 2 years from the age of 40. <http://bit.ly/2NtYnci> #glaucomaweek

General Health

- If you are over 50 years old, have myopia, abnormal blood pressure, a history of migraine, diabetes, eye injury and/ or ongoing steroid use make an appointment with you optometrist for a comprehensive eye exam. Don't be blindsided by glaucoma. <http://bit.ly/2NtYnci> #glaucomaweek
- Migraine headache and peripheral vasospasm have been identified as risk factors for progressive glaucomatous optic nerve damage. If you experience migraines make an appointment with you optometrist for a comprehensive eye exam. Don't let glaucoma blindsides your future. <http://bit.ly/2NtYnci> #glaucomaweek
- People with diabetes are at a significantly increased risk of developing Primary Open Angle Glaucoma (POAG). Don't be blindsided by glaucoma. Make an appointment with your optometrist for a comprehensive eye exam. <http://bit.ly/2NtYnci> #glaucomaweek
- Long-term steroid use (by any route of administration) increases your risk of developing glaucoma. Don't be blindsided by glaucoma. Make an appointment with your optometrist for a comprehensive eye exam. <http://bit.ly/2NtYnci> #glaucomaweek
- The longer the time since your last visit to an eye care provider, the higher the risk of undiagnosed glaucoma. Don't let glaucoma blindsides your future. Get tested every 2 years. <http://bit.ly/2NtYnci> #glaucomaweek

Follow us on Facebook www.facebook.com/glaucoma.australia and remember to use the #glaucomaweek hashtag.