

# Don't be Blindsided by Glaucoma.

Glaucoma is the name given to a group of eye diseases where vision is lost due to damage to the optic nerve.

The loss of sight is usually gradual and a considerable amount of peripheral (side) vision may be lost before there is an awareness of any problem.

It is estimated that 50% of people with glaucoma are undiagnosed.<sup>1</sup>

Could you be one of them?

Left untreated, glaucoma can lead to irreversible blindness. Early detection can save sight.

Don't let glaucoma blindside your future. Get tested.

**Get tested.**

[glaucoma.org.au](http://glaucoma.org.au)



**Glaucoma  
Australia**  
Saving sight

# Take this test to find out if you might be at risk.

	YES	NO	UNSURE
Do (or did) any of your blood relatives have glaucoma? <sup>2</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you aged 50 years or over? <sup>2</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have an African or Asian ethnic background? <sup>2</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have diabetes? <sup>2</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you experience migraines? <sup>2</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you very nearsighted or very far sighted? <sup>2</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had an eye operation or an eye injury? <sup>2</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a history of high or low blood pressure? <sup>2</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever been on a prolonged course of cortisone (steroid) medication? <sup>2</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you have answered 'yes' or 'unsure' to one or more of these questions you may be at a higher risk of developing glaucoma.

Make an appointment with your optometrist and get tested.

1. Keel S, Xie J, Foreman J, Lee PY, Alwan M, Fahy ET, et al. Prevalence of glaucoma in the Australian National Eye Health Survey. Br J Ophthalmol. 2018;26 April 2018:10.1136/bjophthalmol-2017-311786. 2. NHMRC Guidelines for the Screening, Prognosis, Diagnosis, Management and Prevention of Glaucoma 2010. Pp 12-14. <https://nhmrc.gov.au/about-us/publications/guidelines-screening-prognosis-diagnosis-management-and-prevention-glaucoma> (Accessed 23 NOV 2018)

## How can we help?

Glaucoma Australia offers FREE education and support to people living with glaucoma.

If you or someone you care for has been diagnosed with glaucoma we recommend you join our community to access free resources, guidance and support.

Join our community online

[www.glaucoma.org.au/registration](http://www.glaucoma.org.au/registration)

Call our free support line

1800 500 880

[glaucoma.org.au](http://glaucoma.org.au)



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