

# DID YOU KNOW... JANUARY IS GLAUCOMA AWARENESS MONTH?



Glaucoma is a group of eye diseases that damage the optic nerve and can lead to vision loss. It occurs when fluid builds up in the eye, increasing pressure and causing harm to the optic nerve. While increased eye pressure alone is not glaucoma, it does raise your risk of developing the condition.

## Symptoms

While glaucoma may not cause any symptoms in its early stages, some of the most common symptoms include:

- Eye pain or pressure
- Headaches
- Red or bloodshot eyes
- Blurred vision
- Double vision

## Risk Factors

Several risk factors may contribute to glaucoma. These include:

- **Age:** Most types of glaucoma affect people age 40 and older.
- **Race:** People of African descent are 15 times more likely to have blindness from open-angle glaucoma. People of Asian and Inuit descent have a higher risk of angle-closure glaucoma.
- **Sex:** Women have a higher risk of angle-closure glaucoma.
- **Refractive Errors:** Nearsightedness and farsightedness increase the risk of developing different types of glaucoma.
- **Family History:** A family history of glaucoma, especially a first-degree biological relative, increases the risk of developing glaucoma.
- **Chronic Conditions:** Conditions like hypertension and diabetes increase the likelihood of developing glaucoma.

## Prevention

While glaucoma cannot be prevented, early detection and treatment can manage pressure inside the eye and help to prevent or delay vision loss. This can happen via:

- Regular eye exams
- Managing ocular hypertension
- Knowing and managing risk factors

## Sources:

- <https://my.clevelandclinic.org/health/diseases/4212-glaucoma>
- <https://glaucoma.org/articles/nutrition-and-glaucoma>

## Utopia WellCare

### *Feast Your Eyes: Nutrition for Vision Wellness*

According to the Glaucoma Research Foundation, maintaining proper nutrition can help improve crucial factors in managing glaucoma like blood to the optic nerve, eye pressure regulation, and oxidative stress. Utopia WellCare can assist in creating the most optimal nutrition plan for your eye health.

Through Utopia WellCare, you can receive one-on-one virtual consultations with Board Certified Registered Dietitians. Consultations are covered under preventive care for employees enrolled in the Medical Plan and offers 6 **FREE** visits.

### *Ready to Get Started?*



Download the Utopia WellCare mobile app today and scan the QR code for more information or email [info@utopiawellcare.com](mailto:info@utopiawellcare.com).