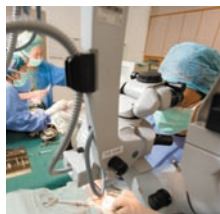


How Will My Eye Doctor Treat My Glaucoma?



Glaucoma is a lifelong disease. Once diagnosed, a patient requires strict follow-up with his eye doctor for the rest of his life. Your eye specialist will usually focus treatment on lowering your eyeball pressure, by one or more of the following methods:

1. Eye Drops

For most people, eye drops are sufficient in controlling the disease. They work in a number of ways, but mostly by lowering your eyeball pressure.

2. Laser Treatment

Laser can be used to treat certain types of glaucoma. It is also used to prevent the acute form of glaucoma in some patients.

3. Surgery

Eye surgery is always the last resort when the above methods have failed to limit damage to the patient's optic nerve.

The goal of treatment is to prevent further damage to the optic nerve and to preserve remaining vision.

How Can I Prevent Glaucoma?

Unfortunately, glaucoma is not a preventable disease. The best way to combat it is to detect it early. You can do this by going for regular eye checks, especially if you belong to one of the following groups:

- You are over 40 years of age and you have not had your eyes checked regularly, especially if you are female and Chinese
- Someone in your family already has glaucoma
- You have diabetes or high blood pressure
- You are very short-sighted or long-sighted

Where can you find The Eye Institute?

www.tei.nhg.com.sg
www.lasik.nhg.com.sg

The Eye Institute @ Alexandra Hospital
378 Alexandra Road Singapore 159964

General Enquiry Tel : (65) 6472 2000 (24 hours)
Fax : (65) 6379 5348

Ophthalmology & Visual Sciences (Clinic C)

Opening Hours : Mon – Fri 9.00am – 5.00pm
Night Clinic : Tue 5.00pm – 8.00pm
Closed on Sat, Sun & Public Holidays
Appointments : (65) 6476 8828
Tel : (65) 6379 3500
Fax : (65) 6379 3618
GP Hotline : (65) 9369 6292
GP Fax : (65) 6379 5348

The Eye Institute @ National University Hospital
5 Lower Kent Ridge Road Singapore 119074

Eye Surgery Centre

Level 3, Kent Ridge Wing (Podium Block)

Opening Hours : Mon – Fri 8.30am – 5.30pm
Evening Clinic : Mon – Fri 5.30pm – 8.00pm
Closed on Sun & Public Holidays
Appointments : (65) 6772 2002
Tel : (65) 6772 5408
Fax : (65) 6772 5508
GP Hotline : (65) 6772 2000
GP Fax : (65) 6773 4913

NUH Lasik Centre

Level 3, Kent Ridge Wing (next to Auditorium)
Opening Hours : Mon – Fri 8.30am – 5.30pm
Closed on Sat, Sun & Public Holidays
VCC Hotline : (65) 6772 2020
Appointments : (65) 6772 2030
Fax : (65) 6779 7533

The Eye Institute @ Tan Tock Seng Hospital

Level 1, TTSH Medical Centre
11 Jalan Tan Tock Seng Singapore 308433
Fax : (65) 6357 8675

TTSH Eye Centre (Clinic 1A)

TTSH Eye Centre (Atrium)

Opening Hours : Mon – Fri 8.00am – 5.30pm
Sat 8.00am – 12.30pm
Evening Clinic : Mon – Fri 6.00pm – 9.00pm
Closed on Sun & Public Holidays

Non-subsidised Appointments and Screenings : (65) 6357 8000
Subsidised Appointments : (65) 6357 7000
GP Hotline : (65) 9666 6698
GP Fax : (65) 6357 7011
Mobile Diabetic Retinal Photography (MDRP) Service : (65) 96651034

TTSH Lasik Centre

Opening Hours : Mon – Fri 8.00am – 5.30pm
Sat 8.00am – 12.30pm
LASIK Hotline : (65) 6357 2255

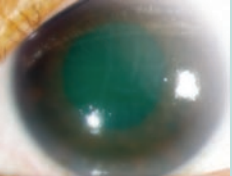
**The Eye Institute @ Alexandra Hospital • National University Hospital
Tan Tock Seng Hospital • NHG Polyclinics**

Disclaimer

This is a general guide. If in doubt, please consult your doctor. Information is subject to revision without notice. The contents of this leaflet are not to be reproduced in any form without the prior permission of The Eye Institute.

GLAUCOMA





What is Glaucoma?

Glaucoma is Singapore's most common cause of permanent blindness. Many call it the "Silent Thief of Sight" because it can steal your vision away without you even knowing it – quietly, painlessly and irreversibly.

Glaucoma is a disease of the most important structure in your eye: the optic nerve – an 'electrical cable' which transmits signals from the eyeball to the brain. This allows you to see.

In glaucoma, the **optic nerve is damaged** from a variety of causes.

What Causes Glaucoma?



There are several types of glaucoma and each causes optic nerve damage in its own way. If you have been diagnosed with glaucoma, you should ask your doctor which type you have.

Types of Glaucoma

Open Angle Glaucoma

The eyeball's drainage system slowly becomes defective, leading to high internal pressure. This is the most common form and it is painless.

Close Angle Glaucoma

The eyeball's drainage system physically closes up (slowly or suddenly), leading to high internal pressure. This can be painful, especially the sudden, acute version.

Low Pressure Glaucoma

The optic nerve itself is so weak in these patients that it gets damaged with normal eyeball pressures. This variety is also painless.

Other Types

High eyeball pressure can also be caused by other eye conditions like diabetes, cataracts, inflammation and surgery. In rare cases, children may be born with defective drainage systems.

Glaucoma Suspect

These patients have not been proven to have glaucoma. Some may have high pressure without any detectable nerve damage. Others have weak-looking optic nerves, but no definite loss of function.

What are the Signs and Symptoms of Glaucoma?

There are two broad classes of glaucoma:

- Chronic glaucoma causes very slow and painless reduction of vision.
- Acute glaucoma causes severe, sudden eye redness, pain and blurring of vision.

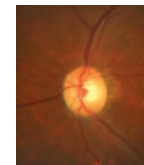
Unfortunately, most glaucoma patients suffer (unknowingly) from the chronic form and hence, without realizing that they have glaucoma until it is quite advanced.

By the time glaucoma causes any visual problems, there is already severe damage to your optic nerve. That is why regular eye check-ups are so important for older people and those with a family history of glaucoma.

Diagnosing Glaucoma

Your eye doctor may be the only person who can tell you if you have glaucoma. He or she can do so in the following ways:

1. By checking your eyeball pressure
2. By examining the appearance of your optic nerve



a. A normal optic nerve



b. The optic nerve in a patient with glaucoma looks pale and "cupped"

3. By using a computer to test your visual field
4. By using high resolution imaging of the optic nerve

You can be assured that with regular eye checks, you have every chance of detecting glaucoma and preventing it from stealing your vision.