

# Glaucoma

الزرق (المياه الزرقاء)

World leading  
**experts in**  
**eye care**



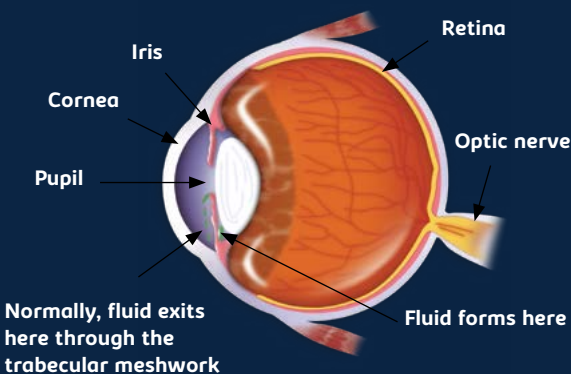
**Moorfields**  
**Eye Hospital Dubai**  
A branch of Moorfields London

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# What is Glaucoma?

The eye produces a nourishing fluid called the aqueous humour. This fluid circulates around the tissues of the eye and drains away through outflow channels. 'Normal' eye pressure is when the amount of fluid produced is balanced by the amount of fluid draining away. If the fluid in the eye is not 'balanced' then the pressure inside the eye rises and this can lead to glaucoma.



Glaucoma, if untreated, causes damage to the optic nerve at the back of the eye, ultimately resulting in loss of vision.

## Signs and Symptoms

Glaucoma does not present symptoms until late stages, when it can cause damage to your field of vision. This means that the edge of your peripheral vision can start to disappear causing your vision to narrow. If treatment is delayed, these defects can severely affect your vision and can cause "tunnel vision".



## Importance of Early **Diagnosis**

Early treatment can prevent damage from occurring, however, any damage that occurs is permanent. Therefore it is very important to diagnose the condition early to maintain the maximum level of peripheral vision.

Glaucoma is slightly more common in people who are short-sighted or people who have diabetes.

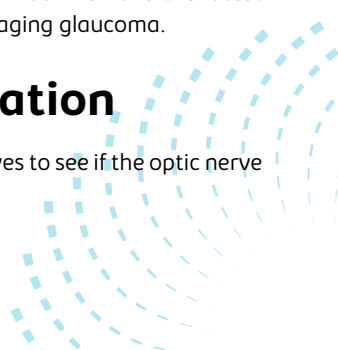
It also tends to be hereditary. If there is a history of glaucoma in your immediate family then regular eye checks are essential. Ideally, everyone over the age of 40 should have an eye test for glaucoma.

## Tests for **Glaucoma**

At Moorfields Eye Hospital Abu Dhabi we have the latest equipment for diagnosing and staging glaucoma.

## General **Examination**

The examiner can look into the eyes to see if the optic nerve is damaged.



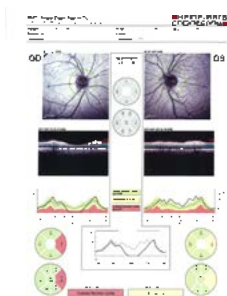
# Pressure Check

A local anaesthetic drop which lasts only for 10-20 minutes will be placed in both eyes, then a small instrument is placed gently against the eye. This will measure the pressure inside the eye.

Alternatively the pressure may be checked using air. A small puff of air is blown into your eye, this is not painful and gives a quick and accurate measurement of the pressure.

# Ocular Coherence Tomography

Scanning Interferometry allows for microscopic structures of the optic nerve and the retinal nerve fiber layer to be imaged in great detail to assess even slight changes consistent with every early stages of glaucoma or its progression.



# Visual Field Testing

This allows the function of the optic nerve to be mapped. It allows the doctor to see if any part of the field of vision has been lost as a direct result of the structural changes to the optic nerve that may have taken place from the glaucoma.



# Gonioscopy

Direct visualization of the eye drainage system allows us to accurately diagnose the type of glaucoma you have and the treatment options available to you.

# Corneal Pachymetry & Icare tonometry

This records the thickness of the cornea to allow adjustment of the eye pressure to get a very accurate reading that is needed to assess whether treatment is required or not.

# Treatment

Aims to reduce the pressure in the eye either by helping the fluid to drain away or by reducing the amount of fluid produced. The usual treatment is with eye drops that best suit your case.

If you are prescribed eye drops, they must be taken regularly and according to the prescribed doses.

In cases resistant to medical treatment, surgery may need to be performed.

**Ask our staff for glaucoma screening and follow-up packages which conveniently include all the above tests.**



## Moorfields Dubai



# Moorfields Eye Hospital Dubai

A branch of Moorfields London

### Moorfields Eye Hospital Dubai

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### Opening hours:

Saturday to Thursday, 8.30am to 5.30pm,  
for information and advice on eye conditions and  
treatments from experienced ophthalmic trained staff.



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