




# SUNDAY MORNING

## HEALTH CORNER




### Glaucoma Awareness

Glaucoma is the leading cause of irreversible blindness. More than 3 million people in the United States have glaucoma. The National Eye Institute projects that this number will reach 4.2 million people by 2030. Moreover, African Americans are more susceptible to glaucoma than any other race. It is 6 to 8 times more common in African Americans than in Caucasians.

#### Know the Facts

-  Glaucoma is a group of eye diseases that gradually steal sight without warning.
-  Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.
-  There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss.

#### Risk Factors For Glaucoma

-  **Being a Minority.** Those of African, Asian and Hispanic descent are more likely to contract glaucoma.
-  **Age.** Adults over the age of 60 years are at a higher risk of glaucoma than those who are younger.
-  **Family History.** Those who have family members of those already diagnosed with glaucoma, diabetics, or people who are severely nearsighted should get regular checkups because they are at a higher risk.



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