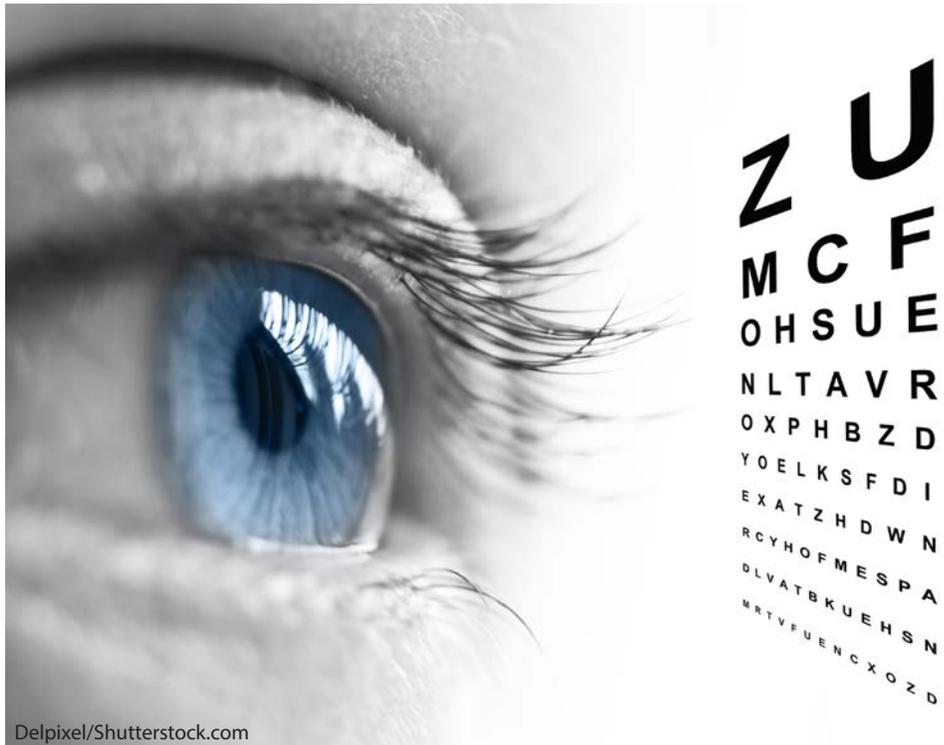


Fall 2019

Health Chronicle

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All You Need to Know About Glaucoma

By Katharine Undhjem

Glaucoma is one of the leading causes of blindness and low vision in the United States. Despite its prevalence, many people don't know the specifics about glaucoma, resulting in confusion and fear around a common condition. This article will help clear the air about glaucoma, giving you all the information that you need to know about the condition.

Glaucoma is a serious eye condition that causes damage to the optic nerve, resulting in permanent blindness and vision lost. Unfortunately, once you notice vision loss from glaucoma, it's often too late to treat it or restore your vision. Because of the irreparable nature of glaucoma, it's essential that you visit an optometrist or ophthalmologist regularly for routine eye exams that will help detect the early signs of glaucoma.

Causes of Glaucoma

There are two main causes of glaucoma. One condition is called ocular hypertension—or in other words, high blood pressure inside the eye. In the vast majority of instances, glaucoma, optic nerve damage and vision loss is caused because the intraocular pressure (IOP) is too high. In other cases, glaucoma may still occur even if the IOP is normal.

To understand the causes of glaucoma, you need to consider the eye's anatomy. In between the cornea (clear front surface of your eye) and the lens inside your eye, there is a clear fluid that's called the aqueous humor, which is responsible for nourishing your eye. This fluid is constantly being produced, and drains from your eye



through a channel called the trabecular meshwork. This channel is in the angle where your cornea and iris meet in your eye. If this angle closes down or the trabecular meshwork gets clogged, the aqueous humor can't drain. When this happens, the IOP increases. Over time, this increased IOP can cause damage to the optic nerve and result in permanent vision loss due to glaucoma.

Types of Glaucoma

There are a variety of different types of glaucoma. However, there are two types of glaucoma that occur the most often:

- **Primary open-angle glaucoma:** This is the most common type of glaucoma. With primary open-angle glaucoma (POAG), the aqueous humor fluid just drains from the eye too slowly. Unlike other forms of glaucoma, the angle through which the fluid should be draining remains undamaged or open—as the name suggests.
- **Angle-closure glaucoma:** As the name suggests, this type of glaucoma involves the drainage angle of the eye narrowing or closing, preventing the aqueous fluid from properly draining. In this type of glaucoma, the angle closure can be either chronic or acute.

In addition to these two common types of glaucoma, there are also other types of glaucoma, including:

- **Congenital glaucoma:** This type of glaucoma occurs when a child is born with a defective drainage angle in their eye. Like angle-closure glaucoma, this narrowed or closed angle prevents the fluid from draining, resulting in increased IOP. With this type of glaucoma, children typically exhibit other symptoms like cloudy corneas or watery eyes.
- **Secondary glaucoma:** This type of glaucoma is usually a side effect of other medical conditions. Without the presence of those other conditions, glaucoma may not have developed. Common conditions that can cause secondary glaucoma include diabetes, hypertension and cataracts. Trauma to the eye can also cause secondary glaucoma.
- **Low-tension glaucoma or normal-tension glaucoma:** As mentioned previously in this article, sometimes glaucoma can develop even if the IOP is normal.

Symptoms of Glaucoma

In many cases of glaucoma, patients don't experience any pain or noticeable symptoms until vision loss occurs. Often, the only way to know you have glaucoma before you lose your vision is through an eye exam. That's why it's so crucial for people to get routine eye exams.

Treating Glaucoma

If your optometrist or ophthalmologist detects glaucoma, there's no need to panic. There are many different types of treatment for glaucoma. These treatments include eye

drops, surgery and laser treatments. Depending on how severe your glaucoma is, your eye doctor will recommend a treatment path, sometimes combining multiple different types of treatment.

It's important to note that treatment for glaucoma will only help prevent further vision loss—it will not restore previous vision loss.

- **Medicated Eye Drops** - The most common treatment method for glaucoma is the use of medicated eye drops. The main purpose of these drops is to reduce the IOP and prevent current or future vision loss. Because glaucoma is a chronic condition typically, you'll likely need to use these drops daily for the rest of your life to keep vision loss at bay.

If you don't follow the treatment instructions given by your doctor, your condition won't improve and you run the risk of vision loss. Be sure to use the drops as prescribed for your health and well-being.
- **Surgery** - There are a variety of different surgeries designed to control glaucoma and prevent vision loss. These surgeries range in severity, with some being minimally invasive and others being seriously invasive. Your doctor will talk you through their recommended treatment option if they decide surgery is the best course of action for you. In some cases, glaucoma surgery may be a better option than medication for the control of glaucoma and prevention of vision loss.
- **Laser Treatment** - There's a commonly used laser surgery for glaucoma, selective laser trabeculoplasty, that can help lower IOP by up to 30%. Unfortunately, this surgery's results aren't permanent, and the subsequent surgery attempts may not be as effective.

Preventing Glaucoma

Many medical experts agree that leading a healthy lifestyle that includes regular exercise and a well-balanced diet can help lower your risk of developing glaucoma. Avoiding smoking and consuming excessive amounts of alcohol are also ways to lower your risk of glaucoma. For more information, talk to your optometrist or ophthalmologist today.



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Screening is Simple

Painless ● Non-Invasive ● Affordable



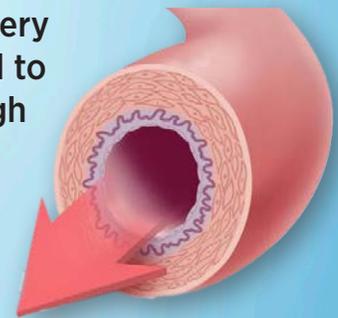
4 Vital Screenings for \$135

- **Carotid Artery Ultrasound** to screen for plaque buildup in the arteries that supply blood to the brain. Plaque buildup in the carotid arteries is a major risk factor for stroke.
- **Atrial Fibrillation** to look for an irregular heartbeat. Afib increases the risk of stroke by 5x.¹
- **Peripheral Artery Disease** to screen for plaque buildup in the arms and legs.
- **Abdominal Aortic Aneurysm** ultrasound to screen for an enlargement in the abdominal aorta, the largest blood vessel in the body.

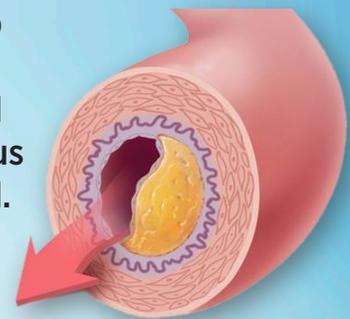
¹ American Heart Association

Plaque buildup can lead to heart disease, stroke and aneurysms.

A normal artery allows blood to flow through easily.



Plaque buildup reduces your blood flow and can be dangerous if left untreated.



Call toll-free today to schedule an appointment near you

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Getting Relief From Eye Allergies

By Katharine Undhjem

Allergy season has been brutal. From chronic sneezing and runny noses to itchy, red, watery eyes, allergy sufferers have had a rough time lately when it comes to getting relief, and it's projected to only get worse.

Causes of Eye Allergies

Eye allergies can be caused by a variety of things. Some of the most common causes for chronic eye allergies include pollen, mold, dust and pet dander. Other things that can cause eye allergies, which are typically acute or short-lived, include cosmetics, eye drops or other allergic reactions.

Getting Relief from Eye Allergies

If you deal with eye allergies, don't worry—there are things that you can do to hopefully get some relief. Here's a list of what you can do:

- Avoid allergens whenever possible—If you know what you're allergic to, one of the easiest things that you can do is avoid those allergens. For example, if you're extremely allergic to pollen, stay in the comfort of your home on days when the pollen count is high. If you aren't able to outright avoid outdoor allergens, be sure to wear a scarf or sunglasses when you go outside to protect your eyes.
- Don't wear contacts—On days that your allergies are miserable, opt for your glasses instead of wearing contacts. Contact lenses can attract allergens in the air, which may exacerbate your discomfort. Additionally, if your eyes are itchy, red and watery, putting your contacts in will likely cause further discomfort.
- Use over-the-counter eye drops—There are a variety of different eye drops available for purchase at your local drug or convenient store. These drops are designed to help alleviate eye allergy symptoms like itchiness, redness and watery eyes. Be sure to check the label before you make your purchase as some of these drops are designed to address only certain symptoms.
- Take over-the-counter antihistamines—There are a wide variety of over-the-counter antihistamines that

you can take to keep your overall allergy symptoms in check.

If the allergy symptoms that you experience are relatively mild, you can probably get away with at-home or over-the-counter treatments for eye allergies. If you experience severe allergies or if over-the-counter treatments aren't alleviating any of your symptoms, it may be time to talk to your doctor. Your doctor may be able to give you other suggestions, including prescription medication.

Prescription medications for eye allergies can vary, but typically include the following:

- Eye drops—Like over-the-counter eye drops, prescription-strength eye drops are designed to help alleviate eye allergy symptoms like itchiness, watery eyes and redness. These eye drops will likely cost more than the eye drops you can find in the eye care aisle, so be prepared for that.
- Antihistamines—Similar to the differences between prescription-strength and over-the-counter eye drops, prescription-strength antihistamines will be stronger than over-the-counter antihistamines, possibly providing you the relief you need from eye allergies.
- Decongestants—Sometimes, eye allergy symptoms present themselves because allergies are causing your sinuses to swell. Decongestants can help alleviate some of this sinus pressure and reduce the redness in your eyes by shrinking the size of the blood vessels in your eyes.
- Steroids—Sometimes, your allergies may be so severe that an eye doctor recommends the use of corticosteroid eye drops to give you relief. These eye drops should be used sparingly, though, as overuse can lead to increased risk of glaucoma and cataracts.
- Immunotherapy—If your allergies are extremely severe, your eye doctor may refer you to an allergy specialist. At an allergy specialist, they'll work with you to help you build up immunity to allergens to give you lasting relief.

For more information about allergies or eye allergies, please talk to your doctor today.

NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of The Healthy Vision Association will be held at 16476 Wild Horse Creek Road, Chesterfield, Missouri, on Tuesday, November 12, 2019 at 4:00 p.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

PROXY

Healthy Vision Association

November 12, 2019 Annual Meeting of Members

THIS PROXY IS SOLICITED ON BEHALF OF

THE HEALTHY VISION ASSOCIATION

The undersigned member of The Healthy Vision Association does hereby constitute and appoint the President of the Healthy Vision Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of the Healthy Vision Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [], or to [] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors: Richard Schindehette, Steven Tilley, Thomas Lohse, Beth Petti, and Joseph Gira.
Please visit www.healthyvisionassociation.com for more information about our board members.
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: _____, 2019.

Signature _____

Name (please print) _____

Please date and sign and return promptly to 16476 Wild Horse Creek Road, Chesterfield, Missouri 63017 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

Chesterfield, Missouri

October 4, 2019

Date

Nominate your favorite vision charity for an HVA sponsorship!

Do you know of a worthy organization that promotes healthy vision? Tell us about it!

We'd like suggestions from you, the HVA members, about additional organizations who could benefit from a sponsorship from our association. Please fill in the information below and mail this page along with your completed proxy on the other side.

Thank you!

Suggestion for a Healthy Vision Association sponsorship

As an HVA member, I would like to suggest the following vision organization for an HVA sponsorship:

Name of organization: _____

Website address or phone number: _____

Your (HVA member's) name: _____

Your email or phone number: _____

Healthy Vision Association (HVA) continues to support students attending Optometry Schools nationwide who are members of the Association.

For more information regarding scholarships please visit
www.healthyvisionassociation.com

HVA SUPPORTS HEALTHY VISION AROUND THE WORLD

Every year, Healthy Vision Association sponsors a variety of charitable organizations. Here is a list of the organizations we currently, and are continuing to, sponsor.

- **Prevent Blindness** – <http://www.preventblindness.org>
- **Optometry Giving Sight** – <http://www.givingsight.org>
- **America's VetDogs** – <http://www.vetdogs.org>
- **Himalayan Cataract Project** – <http://www.cureblindness.org>
- **The Seeing Eye** – <http://www.seeingeye.org>
- **United States Association of Blind Athletes (USABA)** – <http://www.usaba.org>
- **Eye Care Charity of Mid-America (ECCOMA)** – <http://www.eccoma.org>
- **Macula Vision Research Foundation** – <http://www.mvrf.org>
- **Children's Center for the Visually Impaired (CCVI)** – <http://www.ccvi.org>
- **Guiding Eyes for the Blind** – <http://www.guidingeyes.org>
- **Team Activities for Special Kids (TASK)** – <http://www.tasksports.org>
- **Mercy Ships** – <http://www.mercyships.org>
- **Delta Gamma Center for Children with Visual Impairments** – <http://www.dgckids.org>
- **1Touch Project** – <http://www.1touchproject.com>
- **ARCHS FBO Kids Vision for Life** – <http://www.kidsvisionforlifestlouis.com>
- **Unite for Sight** – <http://www.uniteforsight.org>
- **Folsom Project for the Visually Impaired**
- **MUOT Tiger OT Low Vision Program**
- **NY Metro Blind Hockey Team** - www.nymbh.org
- **St. Louis Blues Blind Hockey Club** - www.stlbbhc.com
- **United in Stride** - www.unitedinstride.com
- **Thompson Center for Autism - University of Missouri Autism and Visual Impairment Outreach** - <https://thompsoncenter.missouri.edu>

HVA is very fortunate to have an extremely impressive board of directors. Their real world success and experience and their overall commitment and care have been pivotal to the growth and success of HVA. Please feel free to visit the membership site for more information on the individuals that make up the board of the Healthy Vision Association.



**Membership Services Office
16476 Wild Horse Creek Rd
Chesterfield, MO 63017**

The HVA Health Chronicle is published by:
Healthy Vision Association

For information regarding your membership
and association services, call or write:

**Membership Services Office
Healthy Vision Association
16476 Wild Horse Creek Road
Chesterfield, MO 63017**

1-800-992-8044 or (636) 530-7200

Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment.

Consult your doctor before starting
any exercise program.

