

Living Well Tip of the Week



Nearly 3 million people have glaucoma, a leading cause of blindness in the United States. *(National Eye Institute)*

What is Glaucoma?

An eye disease in which the normal fluid pressure inside the eyes slowly rises, leading to vision loss or even blindness

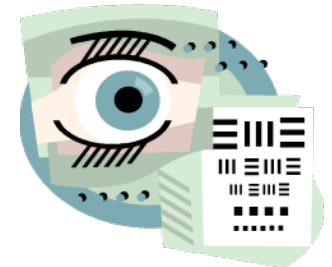
What are the Symptoms?

At first, there are no symptoms. As the disease progresses, side vision gradually fails

Who is at Risk?

Although anyone can get glaucoma, some people are at a higher risk. They include:

- African Americans over the age of 40
- Everyone over age 60
- People with a family history of glaucoma



The best prevention against Glaucoma is early detection! For more information on the eye test for Glaucoma go our Living Well Health Manager at <https://www.webmdhealth.com/ut/default.aspx?startid=3047>.