

Are you at risk for glaucoma?

You have a greater risk for glaucoma if you:

- Have family members with glaucoma (a brother, sister, parent, or child)
- Are age 50 or older
- Are very near-sighted
- Use steroid medications
- Have been told you have high eye pressure
- Have had past eye injuries

Your race may also increase your risk!

African Americans are three times more likely to have glaucoma than Caucasians. But they are only half as likely to be treated for it. African Americans between ages 45 and 65 are up to seventeen times more likely to go blind from glaucoma than Caucasians in the same age group. Hispanics are also at a higher risk for glaucoma than Caucasians.

Here's a simple test you can take to see if you are at risk for glaucoma.

My Glaucoma Risk	
Circle only one score in each category. Add them up to find out your risk level.	
Family History	
My parent or child has glaucoma	2
My brother or sister has glaucoma	4
My parent <i>and</i> brother or sister have glaucoma	4
There is no known glaucoma in my family	0
Race	
I am white/Caucasian	0
I am Hispanic	1
I am black/African American	3
Age	
I am younger than 40 years old	0
I am 40 to 49 years old	1
I am 50 to 59 years old	2
I am age 60 or older	3
Add the circled numbers from each category together. Put your total here: ____	
If your score is 4 or more, you are at increased risk for glaucoma. You should get a glaucoma exam right away.	

To see if you are eligible for a referral for a glaucoma eye exam, call the Glaucoma EyeCare Program, 1-800-391-EYES (3937), open 24 hours a day, year round

For more glaucoma information visit these websites:

The Glaucoma Research Foundation: www.glaucoma.org

The Glaucoma Foundation: www.glaucomafoundation.org

Medem: www.medem.com