

If you have the following conditions, you are at a higher risk for glaucoma and you should undergo regular eye check-ups:

- Family history of glaucoma
- High nearsightedness / farsightedness
- Diabetes mellitus
- Ischaemic heart / cardiovascular disease
- Sleep Apnea
- Migraine
- Underlying eye conditions, e.g. uveitis, history of eye injury

Treatment of Glaucoma

Depending on the type of glaucoma, eye drops, oral medications, laser or surgery may be used to control the eye pressure. For some patients with narrow angle glaucoma in one eye, prophylactic laser peripheral iridotomy or medications may also be advised for the other eye to prevent acute glaucoma.

Glaucoma may cause permanent blindness, which can be prevented by early diagnosis and treatment. Adults over 40 years of age, especially those who have the above risk factors, are recommended to undergo eye examination every one to two years to facilitate early detection and prevent deterioration.

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Closed on Sundays and Public Holidays
Consultation by Appointment

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For enquiries and appointments,
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Glaucoma

THE SILENT KILLER OF VISION



養和眼科部

HKSH Department of Ophthalmology

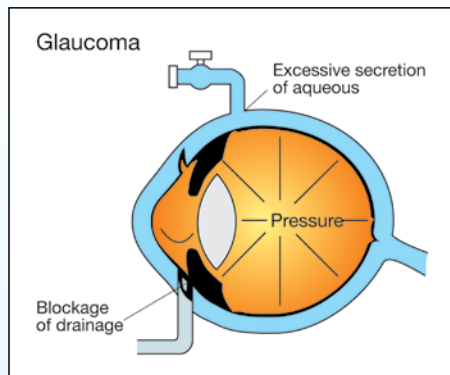
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Early Detection of Glaucoma to Save Vision

Glaucoma is one of the leading causes of blindness. In Hong Kong, it accounts for 11% of visual impairment cases, making it a major concern. Early-stage symptoms are often subtle, causing the condition to frequently go undetected. By the time patients notice a problem, the disease may be advanced, which is why it is often referred to as "the silent killer of vision". Early diagnosis can often prevent significant loss of vision and even blindness.

What Causes Glaucoma?

Within the eyeball, there is a continuous flow of a transparent fluid called "aqueous humour". The flow of aqueous humour is like a sink with a faucet constantly running. If the flow is too fast or if the drainage system becomes blocked, the pressure within the eye increases. This increased eye pressure can damage the eye and its optic nerve, leading to poor vision and even blindness. The diagnosis of glaucoma involves state-of-the-art tests and careful examinations by experienced ophthalmologists.

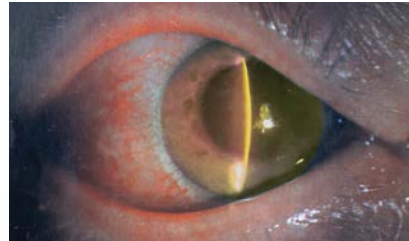


Types of Glaucoma

Glaucoma can be classified according to the type of onset or underlying etiology as acute or chronic, congenital or acquired, primary or secondary, and hypertensive or normal-tension.

Acute and Chronic Glaucoma

Patients with acute glaucoma will experience a sudden onset of blurred vision, eye pain, redness, and halos around lights. It is usually associated with headache, nausea and vomiting. This is an ophthalmic emergency, and medical attention should be sought immediately. Oral medications, injections or eye drops should be given in order to decrease eye pressure as quickly as possible, after which treatment can be administered using laser or other surgical methods.



Acute glaucoma: eye pain, redness, and opaque cornea due to edema

Chronic glaucoma has an insidious onset, meaning there are often no noticeable symptoms. Vision deteriorates and the field of vision narrows gradually. Patients are often unaware of their problem until the disease becomes very advanced, at which point most of their vision is lost and irreversible. This is why glaucoma is known as "the thief of sight".



Chronic glaucoma: gradual narrowing of peripheral vision

Congenital and Acquired Glaucoma

While many patients are first diagnosed with glaucoma after the age of 40 (acquired glaucoma), there are also children who are born with a defective aqueous drainage system, resulting in congenital glaucoma. Congenital glaucoma usually presents itself during infancy or early childhood. These patients usually have large watery eyes which are sensitive to light.



Primary and Secondary Glaucoma

While primary glaucoma refers to glaucoma not caused by other underlying diseases, secondary glaucoma is caused by other underlying eye or systemic diseases, such as hypermature cataract, uveitis, eye tumours, diabetic disease or long-term use of steroid eye drops. It is vital to treat the underlying disease before the secondary glaucoma can be treated.



Hypertensive and Normal-Tension Glaucoma

In general, glaucoma is due to excessively high intraocular pressure damaging the optic nerve. This leads to vision loss and visual field defects. However, individuals with normal eye pressure can also develop glaucoma. This condition is known as "Normal-Tension Glaucoma". The optic nerve is damaged even though the eye pressure is normal, as the optic nerve has a lower tolerance to pressure. Therefore, more detailed examinations are often required for diagnosis.