

January is Glaucoma Awareness Month

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Have a Happy & Healthy New Year



What Do Christie Brinkley and Bono Have in Common?

Both supermodel Christie Brinkley and Bono, the lead singer of U2, were diagnosed with glaucoma during a routine eye exam. Both were also surprised by the diagnosis since they weren't experiencing problems with their vision. That's the sinister nature of glaucoma, one of the leading causes of blindness worldwide: People with glaucoma can lose most of their vision before they experience symptoms. Once vision is lost, it cannot be regained. That's why the Eye Centers of Northwest Ohio and the American Academy of Ophthalmology is urging people to get regular eye screenings to protect their good vision.

Glaucoma is a group of diseases that damages the eye's optic nerve. The optic nerve transmits visual information to the brain, allowing us to see. Because glaucoma often progresses slowly, affecting just peripheral or side vision, people with glaucoma can suffer significant vision loss before they notice a problem or a change in their vision. Central vision, the vision used to read, drive or watch TV, is usually unaffected until the disease is advanced.

Normal Vision



The same scene as viewed by a person with glaucoma



The experience of both celebrities also serves as a reminder that glaucoma doesn't have to mean blindness. If caught early, glaucoma can be treated with medicated eye drops or laser treatments.

No Vision Insurance, No Problem, Join our Membership Program today!

www.eyecentersofnwo.com/members-portal



We Now Have Paperless Check-In Available



Follow the link that we text to you the day before your appointment

Courtesy: The American Academy of Ophthalmology

www.aao.org/

The American Academy of Ophthalmology recommends all healthy adults get a comprehensive eye exam by age 40 to screen for blinding eye diseases. If eye disease runs in your family, you should see an eye doctor as soon as possible if you haven't already.

Here's who's most at risk of a glaucoma diagnosis:

- African Americans are 6 to 8 times more likely to get glaucoma than white Americans. Blindness from glaucoma is 6 to 8 times more common in African Americans than white Americans.
- People with diabetes are 2 times more likely to get glaucoma than people without diabetes.
- Hispanic Americans face an increased risk comparable to African Americans, but the disease may also progress faster as they age, compared with other ethnic groups.
- Asians are at an increased risk for the less common types of glaucoma: angle-closure glaucoma and normal-tension glaucoma.
- Also at risk are people over age 40, those who are severely nearsighted, and those who have a family history of glaucoma.

Here's The Good News: Glaucoma Can Be Treated Successfully, If It's Caught Early!

Appropriate treatment for glaucoma depends on the specific type and severity of the disease. Medicated eye drops or laser treatments are the most common initial approach. These techniques work by lowering eye pressure to reduce the amount of fluid in the eye, and by increasing fluid outflow from the eye.

Why Eye Doctors Don't Recommend Marijuana for Glaucoma

You might have heard from a dispensary or a friend that medical marijuana is an excellent treatment for glaucoma. But beware: It doesn't live up to the hype. Not only is marijuana a poor substitute for glaucoma medications, but CBD oil can actually worsen the condition.

The surest way to avoid vision loss from glaucoma is to follow your eye doctor's prescribed treatments, whether that includes prescription eye drops or surgery.

Marijuana for glaucoma?

Here's why doctors don't recommend it.



It's not as effective as prescription drugs.



It wears off quickly.



The large amount needed would impair your ability to drive, cook and function normally.



It could raise your risk of blindness.

[Learn more at aao.org/eyesmart.](https://www.aao.org/eyesmart)

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Reason 1: Marijuana is not an effective glaucoma treatment

The evidence is clear: Prescription drugs can prevent glaucoma from stealing your sight. Marijuana cannot. When people with glaucoma use their medications correctly and undergo surgery if needed, they can almost always avoid going blind. Why take a risk with your vision?

Marijuana for glaucoma? No thanks.

It's not very effective.



Prescription drugs can almost always prevent blindness from glaucoma. Not so for marijuana.

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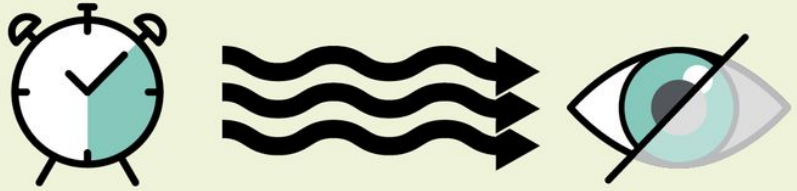
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Reason 2: Marijuana wears off too quickly to help glaucoma

While marijuana can lower pressure in the eye (elevated pressure contributes to glaucoma), this effect only lasts a few hours. Modern glaucoma medications last much longer.

Marijuana for glaucoma? No thanks.

It wears off quickly.



Marijuana lowers eye pressure briefly and unevenly. Fluctuations in eye pressure raise your risk of vision loss.

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Reason 3: You'd need to consume so much marijuana, you wouldn't be able to function

Because marijuana's effects are so short-lived, patients would need to take it continuously day and night to effectively treat glaucoma. Such sustained use would cause serious problems with memory, thinking and coordination. One study found that 9 of 9 patients could not tolerate the doses of marijuana necessary to treat glaucoma.

Driving under the influence is dangerous and illegal, and other daily activities such as cooking or even carrying on conversations would also become problematic. Is it really worth it?

Marijuana for glaucoma? No thanks.

You'd need it 24/7.



The amount of marijuana needed around the clock would seriously impair memory, balance and awareness, limiting your everyday activities.

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Reason 4: Treating glaucoma with marijuana could raise the risk of blindness

Marijuana use can lower blood pressure, which slows blood flow to the optic nerve. This is a problem because the optic nerve connects the eye to the brain. Disrupting this connection could raise your risk of blindness.

 Marijuana for glaucoma? No thanks.

It might raise your risk of blindness.



Marijuana can lower blood pressure, restricting blood flow to the optic nerve (which connects the eyes to the brain). This could lead to blindness.

Learn more at aao.org/eyesmart.

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Don't Delay, Make An Eye Exam Part Of Your New Year's Resolutions.