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CalAgrAbility **FACTact**

Ability Solutions for Agricultural Communities

Glaucoma

CalAgrAbility wants to remind you that January is Glaucoma Awareness Month. "Glaucoma is a group of diseases which can result in damage of the optic nerve and may lead to loss of vision and blindness (ahealthblog.com)."

Open-angle glaucoma is the most common form of the disease (nei.nih.gov). Abnormal pressure in the eye is a major risk factor to damaging the optic nerve. In open-angle glaucoma, fluid in the eye drains slowly and builds pressure, potentially damaging the optic nerve.

Over 3 million people living in the United States, and over 60 million people worldwide, experience glaucoma. Because there are no symptoms, about half of the population of patients do not know that they have glaucoma (glaucoma.org). Early detection is key to managing chronic illnesses such as glaucoma and slowing vision loss.



Glaucoma affects the peripheral vision similar to this image

How Can CalAgrAbility Help?

Our staff helped to schedule a LensCrafters One Sight appointment for Juan so that he could have proper eyeglasses. During the appointment, the optometrist stated that Juan's eyes showed signs of glaucoma, thus annual check-ups would be important and necessary. He was also referred to a specialist.

After the appointment was completed, Juan received various reading materials about exercise, diabetes, and arthritis. These materials were aimed to help Juan understand the small changes he can make to his daily life to help him lower his high blood pressure, control his diabetes, and prevent future injuries.



Juan Magaña after his LensCrafters OneSight visit.

CalAgrAbility was able to schedule an eye exam for Juan in Stockton, CA. Juan received an eye exam and a fitted pair of eyeglasses.



Ability Tools
Ability Tools connects Californians with disabilities to assistive technology devices, tools and services to make life easier.

abilitytools.org/

Email:
info@abilitytools.org

Toll Free Phone
(800) 390-2699
TTY
(800) 900-0706

What other steps can I take to keep my eyes safe and healthy?

It is extremely important to be aware about glaucoma and the importance of regular eye exams. The Glaucoma Research Foundation lists several methods to help raise awareness about glaucoma. If you have glaucoma, do not keep it a secret. Talk to friends, family, and close acquaintances about glaucoma; visit and refer a friend to the website; request a free educational booklet sent to you or a friend, and connect with www.glaucoma.org on Facebook or Twitter.

American Academy of Ophthalmology

<http://www.aao.org/>

(415) 561-8500

655 Beach St.
San Francisco, CA 94109

The American Academy of Ophthalmology is the world's largest association of eye physicians and surgeons. AAO protects sight and empowers lives by setting the standards for ophthalmic education, patient education publications and advocating for patients and the public. AAO programs serving the public directly: **EyeCare America** provides glaucoma exams for those 65+ often at no out-of-pocket costs, at 877-887-6327. **VISION USA**, provides free eye care to low income workers and families, at 800-766-4466.

National Eye Institute

https://nei.nih.gov/health/glaucoma/glaucoma_facts

(301) 496-5248

National Eye Institute Information Office
31 Center Drive MSC 2510
Bethesda, MD 20892-2510

As part of the federal government's National Institutes of Health (NIH), the NEI's mission is to "conduct and support research, training, health information dissemination, and other programs with respect to blinding eye diseases, visual disorders, mechanisms of visual function, preservation of sight, and the special health problems and requirements of the blind."



WebMD

<http://www.webmd.com/eye-health/glaucoma-eyes>

<https://customercare.webmd.com>

WebMD has created an organization that fulfills the promise of health information on the internet. WebMD provides credible information, supportive communities, and in-depth reference material about health subjects that matter to you. WebMD is a source for original and timely health information as well as material from well known content providers.



Glaucoma Research Foundation

<http://www.glaucoma.org/>

(415) 986-3162
(800) 826-6693

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question@glaucoma.org

The Glaucoma Research Foundation is a national non-profit organization dedicated to finding a cure for glaucoma. Founded in 1978 in San Francisco, the Glaucoma Research Foundation funds glaucoma research world-wide.

Glaucoma
Research Foundation



United States
Department of
Agriculture

National Institute
of Food and
Agriculture

nifa.usda.gov/program/agrability

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CalAgrAbility serves farm and ranch families affected by disability and illness protecting the quality of life and preserving livelihoods.

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