

# Glaucoma

## Know your risks

Early detection and treatment can prevent blindness due to **Glaucoma**.

Knowing your risk factor is the first step in saving you sight. To determine your personal risk factor, look on the right side of this page.

### Glaucoma Risk Factors include:

Having a family member with glaucoma, being over age 50, being very nearsighted, being African American or Hispanic, using steroid medications, having a history of a high eye pressure, and having a history of eye trauma.

**CCB/Eye Care Caribbean** encourages early detection and treatment of glaucoma by promoting awareness of glaucoma risk factors and providing access to care for individuals at increased risk.

To determine your risk for glaucoma, take this simple test:

Choose only one score in each of the three categories and add them together to see your total glaucoma risk.

### Family History (choose one)

*(Immediate, blood-related family members only)*

Parent or Child has glaucoma	2
Brother or Sister has glaucoma	4
Parent and Brother or Sister have glaucoma	4
No known glaucoma in my family	0

### Race / Ethnicity (choose one)

White / Caucasian	1
Hispanic	2
Black / African American	3

### Age (choose one)

Less than 40 years old	0
40 - 49 years old	1
50 - 59 years old	2
60 and over	3

Add total from each category: \_\_\_\_\_

**If your total risk factor equals 4 or more**, you are at **increased risk** for glaucoma and should get an eye exam. However, everyone over the age of 60 should have an annual eye exam.

Consider passing this test along to friends and family members.