What is Ocular Hypertension?

Ocular Hypertension is an elevation of the pressure in the eye above the range considered normal with no detectable changes in vision or damage to the structures of the eye. The term is used to distinguish patients with above normal pressure from those who have glaucoma, a progressive disease of the eye. The cause of Ocular Hypertension is unknown.

Who develops Ocular Hypertension?

Research shows that ocular hypertension occurs in people of all ages, and, like glaucoma, it occurs most frequently in those over age 40, African Americans and/or those with family histories of ocular hypertension or glaucoma. It is also more common in those who are nearsighted or have diabetes or high blood pressure. Certain medications may also contribute to ocular hypertension.

Is Ocular Hypertension Harmful?

Ocular Hypertension must be carefully monitored because it may develop into glaucoma. Your eye doctor will recommend an appropriate interval between eye examinations to monitor.

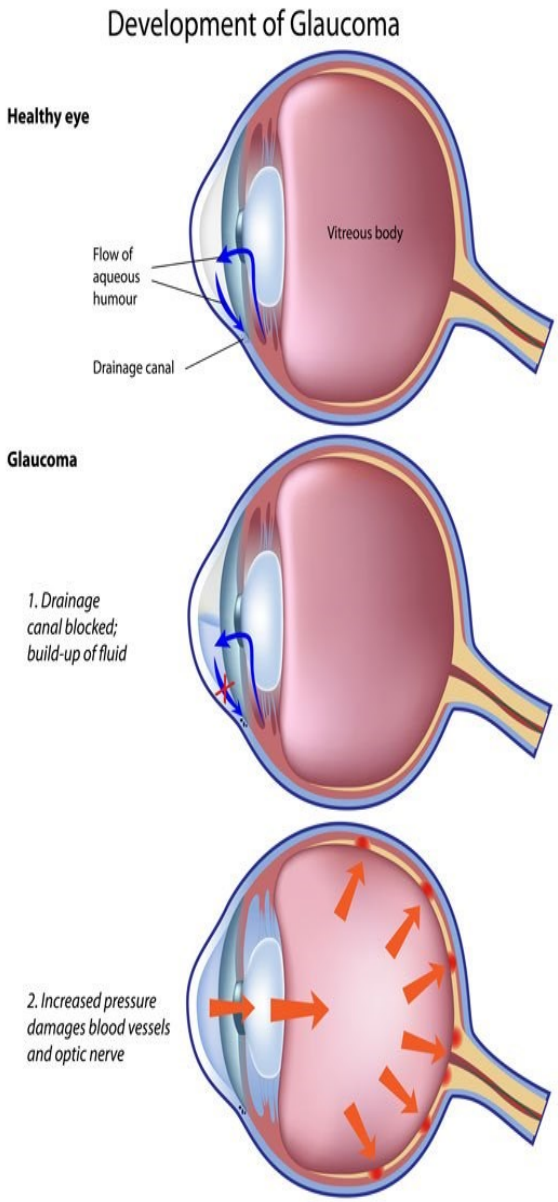
Can I prevent Ocular Hypertension from leading to glaucoma?

Most patients with ocular hypertension will not develop glaucoma. However, because there is an increased risk of glaucoma in patients with ocular hypertension, it is very important to follow the recommendations of one's eye doctor.

The decision to treat ocular hypertension will depend on various ocular and systemic risk factors which your eye doctor will discuss with you. Often, ocular hypertension is simply monitored with more frequent eye examinations and no immediate treatment. Some patient's, however, may be treated with eye drops or other medical therapies as a precautionary measure; the effectiveness of this therapy is still being evaluated.

Unfortunately, a patient cannot usually detect if they have ocular hypertension. Ocular hypertension and early stages of glaucoma do not have symptoms such as pain, a feeling of pressure in or around the eye, or changes in vision. Ocular hypertension and glaucoma is diagnosed through a series of tests over a period of time. This involves examination of both the eye pressure and internal structures of the eye.

Although there is no cure to Ocular Hypertension or Glaucoma, careful monitoring and treatment when indicated can lessen the risk of damage to the eyes. It is extremely important to comply with follow up schedules and treatment recommended by your eye doctor.



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