



# Take this Eye-Q test — See how much you know about glaucoma

Fifty million Americans are at risk for vision loss from glaucoma, a leading cause of blindness in the United States. Are you one of them? If you are, do you know how to reduce your risk of blindness? To determine how high your Eye-Q is, answer the following questions about glaucoma.

		True	False	Not Sure
1	Glaucoma is more common in Blacks than in Whites.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Glaucoma tends to run in families.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	A person can have glaucoma and not know it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	People over age 60 are more likely to get glaucoma.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	Eye pain is often a symptom of glaucoma.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	Glaucoma can be controlled.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	Glaucoma is caused by increased eye pressure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	Vision lost from glaucoma can be restored.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	A complete glaucoma exam consists only of measuring eye pressure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	People at risk for glaucoma should have an eye examination through dilated pupils.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

To see if you have a perfect Eye-Q score, read all the answers on the back. If you got 9 or 10 right, congratulations. You know a lot about glaucoma. If you missed some, review the answers so you can share your knowledge with your family and friends.

# Answers

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- 1 **True.** In a study funded by the National Eye Institute, researchers at The Johns Hopkins University reported that glaucoma is three to four times more likely to occur in Blacks than in Whites. In addition, glaucoma is six times more likely to cause blindness in Blacks than in Whites.
  - 2 **True.** Although glaucoma tends to run in families, a hereditary basis has not been established. If someone in your immediate family has glaucoma, you should have your eyes examined through dilated pupils at least every two years.
  - 3 **True.** The early stages of open-angle glaucoma, the most common form, usually have no warning signs. However, as the disease progresses, a person with glaucoma may notice his or her side vision gradually failing.
  - 4 **True.** Everyone over age 60 has an increased risk for glaucoma. Other groups at increased risk include Blacks over age 40 and people with a family history of the disease.
  - 5 **False.** People with glaucoma usually do not experience pain from the disease.
  - 6 **True.** Although glaucoma cannot be cured, it usually can be controlled by eyedrops or pills, conventional surgery, or laser surgery. Sometimes eye care professionals will recommend a combination of surgery and medication.
  - 7 **True.** In glaucoma, for reasons still not completely understood, fluid drains too slowly out of the eye. As the fluid builds up, the pressure inside the eye rises. Unless this pressure is controlled, it may cause damage to the optic nerve and other parts of the eye and loss of vision.
  - 8 **False.** Vision loss from glaucoma is permanent. However, with early detection and treatment, the progression of visual loss can be slowed, or halted, and the risk of blindness reduced.
  - 9 **False.** A measurement of eye pressure by tonometry, though an important part of a comprehensive eye exam, is by itself not sufficient for the detection of glaucoma. Glaucoma is detected most often during an eye examination through dilated pupils. This means drops are put into the eyes during the exam to enlarge the pupils, which allows the eye care professional to see more of the inside of the eye to check for signs of glaucoma. When indicated, a visual field test should also be performed.
  - 10 **True.** An eye examination through dilated pupils is the best way to diagnose glaucoma. Individuals at increased risk for the disease should have their eyes examined through dilated pupils at least every two years by an eye care professional.
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Get your eyes examined.  
Don't lose sight of glaucoma.

For more information about glaucoma, write:  
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2020 Vision Place  
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[www.nei.nih.gov](http://www.nei.nih.gov)

