



Is glaucoma affecting your eyesight?

Mr Vik Sharma, specialist glaucoma consultant surgeon at London Ophthalmology Centre, shares what effective glaucoma treatments are available and explains the importance of booking regular eye exams.

Q: What is glaucoma?

Glaucoma is an eye condition that can affect your vision and impact on your daily life. It affects the optic nerve. High levels of pressure in the eye cause damage to the optic nerve, disrupting signals to our brain and causing blind spots in your vision. It's one of the leading causes of blindness in people over 60, although glaucoma can occur at any age, even in children – it can be present from birth or develop in the first few years of their life.

Q: How can you tell if you have glaucoma?

Glaucoma often goes unnoticed because it rarely has any symptoms. The vision loss it causes is very gradual, you may not spot it until the later stages. This is why it is vital to attend regular eye exams, to help us diagnose 'silent' conditions like glaucoma early, treat it, and slow or prevent further vision loss. I recommend booking an eye exam at least once every two years.

We'll conduct an extensive eye health check, assessing your vision thoroughly using the latest glaucoma detection technologies. This allows us to pinpoint any abnormalities, detect and treat glaucoma earlier than ever, and assess the risk of you developing glaucoma in the future. We can then offer bespoke recommendations for treatment to improve your vision and keep your eyes healthy.

Q: Can I do anything to help prevent glaucoma?

Get to know your family's medical history. If glaucoma runs in your family, you may be at higher risk of developing the condition and will benefit from more frequent screening. Regular exercise can help reduce intraocular pressure.

Q: How can you treat glaucoma?

Though the damage caused by glaucoma cannot be reversed, effective treatment can help to slow or prevent vision loss.

We can offer safe, painless laser treatments, minimally Invasive Glaucoma Surgery (MIGS) or a combination of these.

Our glaucoma specialist consultants will advise which procedure is best for you and will be with you every step of the way to offer support, guidance and reassurance. We perform all surgeries under local anaesthetic so you're able to go home on the same day. ■



You only have one pair of eyes, it's important to take the very best care of them

Q: Why choose London OC?

We offer a consultant-only service and access to the latest innovative glaucoma diagnostic and treatment technology to find the best eye care solution for you. In 2020 we won Most Trusted Ophthalmology Clinic among many other awards, and since 2005 have helped thousands of happy and satisfied patients improve their vision.

Visit londonoc.co.uk to book your eye exam today.

Call 020 7000 3193 or email reception@londonoc.co.uk.

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