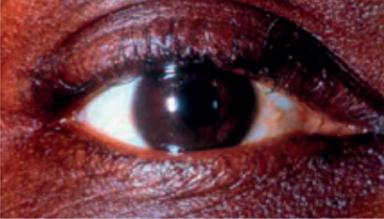


What is wrong with my vision, and what can I do?

No eye disease	Glaucoma or 'black blindness'	Cataract or 'white blindness'
 <p data-bbox="117 753 285 783">Normal vision</p>	 <p data-bbox="947 492 1245 596">Seeing only what is in front, not what is above, below, or on either side</p>	 <p data-bbox="1682 492 1980 596">Seeing things as if looking through smoke, mist, or clouds</p>
<p data-bbox="117 819 457 878">Appearance of the eye to others</p>	 <p data-bbox="947 878 1115 982">Normal black appearance of pupil</p>	 <p data-bbox="1682 893 1913 967">White appearance of pupil</p>
	Glaucoma	Cataract
<p data-bbox="117 1160 432 1190">What can I notice/feel?</p>	<p data-bbox="548 1160 1245 1264">Nothing initially, not even pain. You may often bump into things, or fall over objects on the ground, because you are losing the outer edges of your vision</p>	<p data-bbox="1283 1160 1980 1234">Gradual clouding of the vision until the vision has almost gone. No pain. Usually in both eyes</p>
<p data-bbox="117 1302 317 1332">Who is at risk?</p>	<p data-bbox="548 1302 1245 1472">People who are 40 years of age or older People with a relative who has glaucoma – a parent, sister or brother, or older child People who wear spectacles to see distant objects, who have had an eye injury before, or who use steroid eye drops.</p>	<p data-bbox="1283 1302 1818 1436">People who are 40 years of age or older People with a previous eye injury People with diabetes People who use steroid eye drops or tablets</p>
<p data-bbox="117 1516 478 1576">Can other family members be affected?</p>	<p data-bbox="548 1516 989 1546">Yes! Glaucoma can run in the family</p>	<p data-bbox="1283 1516 1902 1576">Cataract does not run in the family, but other older family members may also develop cataract</p>
<p data-bbox="117 1620 464 1679">How urgently do I need to get help?</p>	<p data-bbox="548 1620 716 1650">Very urgently!</p>	<p data-bbox="1283 1620 1524 1650">As soon as possible</p>
<p data-bbox="117 1724 506 1783">What happens if I wait a long time before being treated?</p>	<p data-bbox="548 1724 1209 1783">You may lose your sight, and you will be unable to get it back</p>	<p data-bbox="1283 1724 1755 1754">It is very likely that you will regain vision</p>
<p data-bbox="117 1828 495 1887">What treatment options do I have?</p>	<p data-bbox="548 1828 1230 1917">Vision can be preserved by lowering eye pressure with eye drops, an operation, laser treatment, or a combination of these options</p>	<p data-bbox="1283 1828 1965 1887">Vision can be restored with a cataract operation and an artificial lens implant</p>
<p data-bbox="117 1947 474 2006">What long-term treatment may I need?</p>	<p data-bbox="548 1947 1167 2006">Continued use of eye drops or monitoring after the operation or laser treatment at an eye clinic</p>	<p data-bbox="1283 1947 1976 2006">Usually none. You may need to wear spectacles after the operation</p>
<p data-bbox="117 2050 390 2080">What are the costs?</p>	<p data-bbox="548 2050 1245 2139">Medical treatment: the lifetime cost of eye drops An operation or laser treatment: the cost of an operation and possibly some medication afterwards</p>	<p data-bbox="1283 2050 1766 2080">One-time cost of the cataract operation</p>
<p data-bbox="117 2184 369 2243">What are the risks of treatment?</p>	<p data-bbox="548 2184 1167 2273">Very few side effects of eye drops. Surgery can have complications, but these can be managed at the eye clinic</p>	<p data-bbox="1283 2184 1860 2243">Highly successful operation with very few or no complications</p>
<p data-bbox="117 2303 506 2407">What will happen if I stick to my treatment and/or say yes to an operation?</p>	<p data-bbox="548 2303 1245 2436">Your vision will be preserved – you will still be able to see as you did before It will take a lot longer before you go blind, if you go blind at all</p>	<p data-bbox="1283 2303 1724 2332">Your vision will be better than before</p>
<p data-bbox="117 2481 474 2540">What happens if I do not accept treatment?</p>	<p data-bbox="548 2481 1230 2570">Your vision will gradually worsen and eventually you will become completely blind. This vision is lost forever and can never come back!</p>	<p data-bbox="1283 2481 1976 2570">Your vision will gradually worsen until you become completely blind. But, at any time, accepting a cataract operation will restore your sight</p>
<p data-bbox="117 2599 453 2659">Will traditional medicine help me?</p>	<p data-bbox="548 2599 1230 2659">No. Delay in obtaining the correct treatment means you are likely to lose even more vision</p>	<p data-bbox="1283 2599 1986 2733">No. Traditional treatment, known as 'couching' (pushing a needle into the eye), can have very serious complications and is not recommended. Eye medication from traditional healers cannot restore sight</p>
<p data-bbox="117 2778 317 2807">What can I do?</p>	<p data-bbox="548 2778 1245 2867">Report to the nearest eye clinic urgently to be examined. If you think a relative may have glaucoma advise them to do the same</p>	<p data-bbox="1283 2778 1976 2867">Report to the nearest eye clinic to be examined. If you know someone who may have cataracts advise them to do the same</p>