

# JANUARY GLAUCOMA AWARENESS MONTH

SOUTHERN LAND  
COMPANY

Glaucoma is a group of eye diseases that damage the optic nerve and can lead to vision loss. It occurs when fluid builds up in the eye, increasing pressure and causing harm to the optic nerve. While increased eye pressure alone is not glaucoma, it does raise your risk of developing the condition.

## What You Need to Know

- Glaucoma is a leading cause of blindness for people over 60, so it is important to understand your risks and take preventive steps
- Glaucoma damage cannot be reversed once it occurs
- Vision loss from glaucoma can be prevented or minimized with proper medical care
- Regular eye exams are key to early detection and management

## Risk Factors for Glaucoma

- Age 60 or older
- Family history of glaucoma
- Diabetes
- Nearsightedness
- Certain medications (e.g., antihistamines, corticosteroids, cold & flu meds, etc.)

If you are diagnosed with glaucoma, your doctor will recommend treatment based on the type and severity. Common treatments include prescription eye drops to lower eye pressure, laser surgery to improve fluid drainage, or traditional surgery, which may involve placing a new drainage tube in the eye.

**Important:** Always consult with your provider to determine the best course of treatment for you.

## Save Your Eyesight

See your eye doctor to get checked for glaucoma! Southern Land Company offers vision benefits through VSP. With VSP, you can save on eye care, eyewear, and more while detecting potential health conditions like diabetes and high blood pressure through comprehensive eye exams. For more information on your vision benefits, visit **BenePortal**.

To find a participating VSP eye doctor, use the Provider search tool at [www.vsp.com](http://www.vsp.com) and click **Find a Doctor**. You can filter your search by location, brands, hours, and services. Look for the orange Premier Program banner to find a VSP network eye doctor that will help you maximize your savings. Annual eye exams are recommended, unless your doctor suggests more frequent checks. Make eye exams part of your regular preventive care routine.

## Sources

- <https://healthylearn.com/connerstrong/hc/glaucoma.html>
- <https://healthylearn.com/connerstrong/hn/under-pressure-know-about-glaucoma.html>

