

Mayo Clinic Minute: Protecting your eyesight from Glaucoma

Video	Audio
	Driving down the road this is what you see when your eyes are healthy.
	This is what it might look like when you have glaucoma - a loss of peripheral vision, which can lead to tunnel vision, even blindness. Sometimes there are no symptoms at all till it's too late.
<p>DAVE PATEL, M.D. OPHTHALMOLOGY Mayo Clinic</p>	(SOT) 2:03 – 2:14 Unfortunately it's termed the silent thief of sight. And that's primarily because most patients when they present aren't aware that they're even having it or in the advanced stages of it.
	Glaucoma is often caused when pressure builds up in your eye damaging the optic nerve. The good news, treatments including medications, laser procedures and surgery have proven successful.
<p>DAVE PATEL, M.D. OPHTHALMOLOGY Mayo Clinic</p>	(SOT) 4:56 – 5:06 There's limitations on what we can treat and what we can't but numerous studies show if we lower the pressure to a state that is less traumatic to the nerve then we can salvage or protect the remaining vision.
	Dr. Patel says a regular comprehensive eye exam is the best way to protect your sight.
	For the Mayo Clinic News Network, I'm Marty Velasco Hames.