

OPEN-ANGLE GLAUCOMA

Supportive Management

For controlling eye pressure and maintaining general eye health

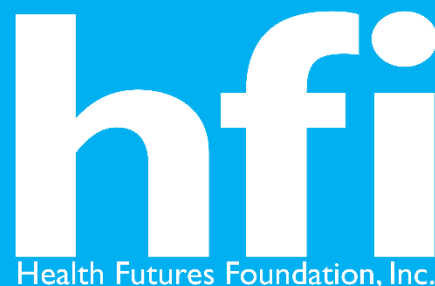
- Maintain a healthy diet containing green leafy vegetables and fish rich in omega-3 oils (e.g. sardines, tuna, anchovies, and salmon).
- Avoid activities such as pushing and lifting heavy objects.
- Avoid wearing tight and constricting clothes.
- Have adequate fluid intake (around 8 glasses per day) and increase fiber intake to avoid straining during defecation, which may increase intraocular pressure.
- Using a wedge pillow or bed risers, raise the head of the bed by 20 degrees when sleeping.
- Manage other health conditions that are associated with more severe vision loss in those with glaucoma (e.g. diabetes mellitus, hypertension).
- Have routine eye check-ups for monitoring of the disease progression. At the same time, this allows for timely intervention and prevents further loss of vision.

Herbal Medicine

• Anti-oxidant-rich foods

- For prevention or delay of progression of glaucoma; for promotion of eye health
- Consume varieties of fruits and vegetables. Consume by eating liberally or by including in cooked meals.
 - Lutein-rich foods: mango, carrots, corn, dark leafy vegetables, sweet potatoes, squash
 - Zeaxanthin-rich foods: orange, corn, orange bell pepper, honeydew melon
 - Vitamin-A-(Beta-carotene)-rich foods: dark leafy vegetables, sweet potatoes, carrots
 - Vitamin-C-rich foods: citrus fruits (calamansi, orange, orange, grapes, lemon), broccoli, tomatoes, berries
 - Vitamin-E-rich foods: avocado, sweet potato, almonds, spinach, pumpkin seeds, sesame seeds, broccoli, papaya
 - Zinc-rich foods: spinach, kidney beans, pumpkin seeds, watermelon seeds

Consult doctor for appropriate diagnosis and management (eye medications, surgery, or other therapies).



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