

# **Vision Care highlights Risk Factors and the importance of Early Detection**

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Vision Care joined the global movement to raise awareness about glaucoma during World Glaucoma Week 2025. This year's theme, 'See the Future Clearly,' emphasizes the importance of early detection, regular eye care, and community education to prevent irreversible vision loss.

As part of World Glaucoma Week 2025, Vision Care focused on educating the Sri Lankan public about the dangers of glaucoma and the importance of routine eye health check-ups, highlighting the necessity of early detection and encouraging individuals to prioritize their eye health.

Glaucoma is a chronic, progressive eye disease that damages the optic nerve, often leading to vision impairment or blindness if left undiagnosed and untreated. It is the second leading cause of blindness worldwide, affecting approximately 80 million people globally. Since glaucoma develops silently with no early symptoms, many individuals remain unaware of their condition until significant visual field loss occurs. Studies show that nearly 50 percent of glaucoma cases remain undiagnosed, making regular eye check-ups an essential part of preventive healthcare.

Specific individuals face a higher risk of developing glaucoma. People over 40 years of age and those with a family history of glaucoma should be particularly vigilant. Other risk factors include high eye pressure (intraocular pressure), diabetes, high blood pressure, heart disease, previous eye injuries or surgeries, and severe near-sightedness or far-sightedness. Given that vision loss due to glaucoma is irreversible, the only effective way to prevent blindness is through early detection and consistent monitoring. Timely diagnosis allows for effective disease management, helping individuals retain a helpful vision for life.

Vision Care offers comprehensive glaucoma assessments that utilize advanced diagnostic technology to detect the disease. These assessments include refraction tests to determine vision accuracy, visual field tests to detect blind spots, intraocular pressure measurement (IOP), OCT RNFL and GCL Scan for a detailed analysis of the optic nerve, and fundus disc photography for retinal imaging. While Vision Care is not offering free eye tests this year, the organization remains committed to helping individuals take proactive steps in maintaining their vision health. By spreading awareness about glaucoma and its risk factors, Vision Care hopes to encourage more Sri Lankans to prioritize regular eye check-ups for their overall well-being.