



## National Glaucoma Awareness Month January 2014

### Monthly Challenge:

**Get your Eye Exam-Early detection is the key to protecting your vision from damage caused by glaucoma.**

### Did You Know...

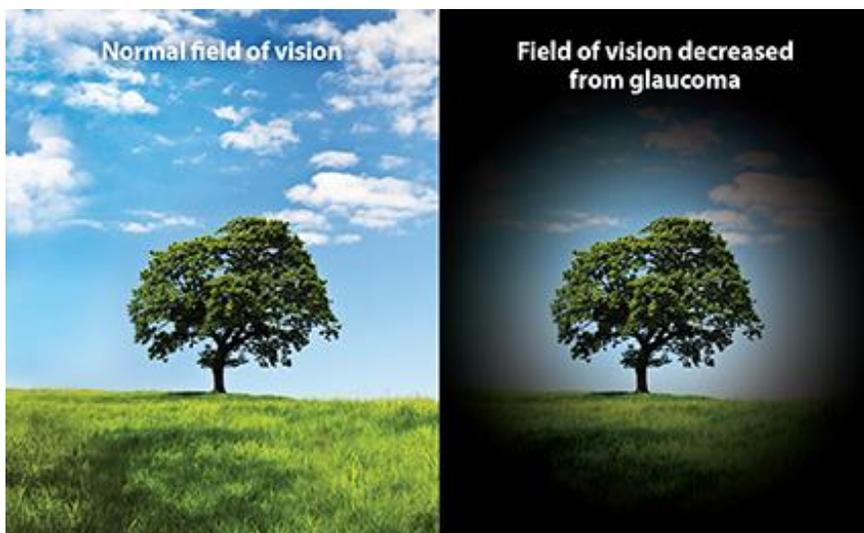
**V**ision loss is caused by damage to the optic nerve—this nerve acts like an electric cable with over a million wires.

**I**t is estimated that over 2.2 million Americans have glaucoma but only half of those know they have it.

**I**n the United States, more than 120,000 people are blind from glaucoma, which accounts for 9-12% of all cases of blindness.

**H**igh risk groups include African Americans, people over 60, family members of those who are already diagnosed, diabetics, and people who are severely nearsighted.

**F**or now, there is no cure of glaucoma, but medication or surgery can slow or prevent further vision loss.



## RESOURCES

### Websites:

[Prevent Blindness America](#)

[Glaucoma Research Foundation](#)

### College Resources

**Library** – <http://bit.ly/ECCbooksGlaucoma>

<http://bit.ly/ECCarticlesGlaucoma>

**Employee Assistance Program – New Directions**

[www.newdirections.com](http://www.newdirections.com)

**Medical – Anthem** [www.anthem.com](http://www.anthem.com)

**Dental – Guardian** [www.GuardianAnytime.com](http://www.GuardianAnytime.com)

**Vision – Vision Service Plan** [www.vsp.com](http://www.vsp.com)