

FORSTER EYE SURGERY

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GLAUCOMA – COMPLIMENTARY TREATMENT

Whilst lowering the pressure in the eye with drops, laser or surgery is the main form of treatment in Glaucoma, there are several other things you can do or avoid doing to help with controlling the disease.

Things you can do

- Exercise daily and improve general fitness
- Maintain an ideal body weight
- Raise the head of the bed or sleep on 2 pillows
- Eat green vegetables, especially leafy greens, as well as carrots
- Fish oil supplements MAY be useful
- Ginkgo Biloba MAY be of help and is the best of the complimentary medicine additives (better than bilberry)
- Consider a sleep study for sleep apnoea. If you do suffer from sleep apnoea treating this can be very helpful.
- Take blood pressure medication in the morning and not at night (check this with your GP) to prevent night time dips in blood pressure.

To date there is no evidence for or against smoking, social alcohol consumption and dietary fat (as far as Glaucoma goes – not so for many other health related conditions)

Marihuana does lower intraocular pressure but only slightly and for short periods only. It fails as a treatment for glaucoma.

Things to avoid

- Yoga-inverted positions increase eye pressure
- Playing wind instruments, especially the high notes, increases intraocular pressure
- Caffeine raises the IOP by 1-4mm Hg 60 minutes after intake
- Anti-cholinergic medicines if you have narrow angle glaucoma (often used to help with urinary incontinence)

