

# Glaucoma

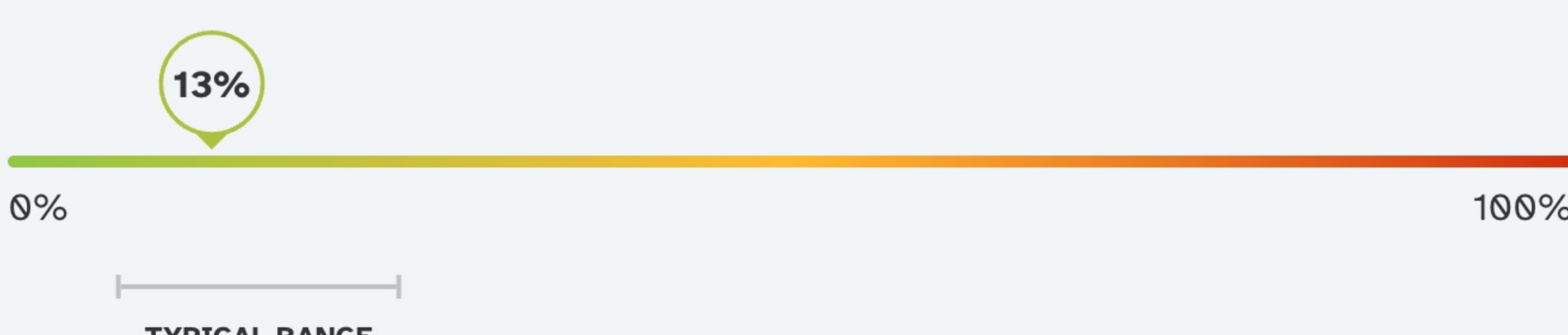
POWERED BY 23ANDME RESEARCH

Glaucoma is a group of eye conditions that occurs when the nerve in the back of the eye (called the optic nerve) is damaged, most commonly due to high eye pressure. Optic nerve damage can cause gradual vision loss that may start as blind spots or loss of side (peripheral) vision and worsen over time.



Jamie, your genetic result is associated with a **typical likelihood** of developing glaucoma.

An estimated **13%** of people with genetics and other factors like yours develop glaucoma by **their 80s**. This is based on data from female 23andMe research participants of European descent.



This estimate is based on currently available data and may be updated over time.

## Ways to take action

Experts agree that for people who have glaucoma caused by high eye pressure, it is important to reduce eye pressure to slow vision loss. Evidence suggests that healthy lifestyle habits may help manage eye pressure.

- Get regular, moderate exercise. Some exercises may increase eye pressure, like inverted yoga positions or headstands. Talk to your doctor about an appropriate exercise program.
- Wear eye protection to avoid injuries, such as when using power tools or playing racket sports.
- Limit caffeine consumption.

Talk to your doctor if you notice any changes to your vision, such as reduced side (peripheral) vision or blind spots. If you have concerns about glaucoma, talk to a healthcare professional about whether getting regular dilated eye exams is right for you. You may be referred to an eye specialist, such as an ophthalmologist.

[Learn more from the Mayo Clinic](#)



## About glaucoma

### What is glaucoma?

In glaucoma, the nerve in the back of the eye, called the optic nerve, becomes damaged, causing vision loss that may progress to permanent blindness. Most, but not all, cases of glaucoma are caused by an imbalance of fluid and pressure in the eye. Typically, equal amounts of fluid enter and drain out of the eye at the same time. If fluid cannot properly drain or if too much fluid is produced, then fluid may build up in the eye. This can cause the pressure in the eye to increase and can damage the optic nerve.

There are several types of glaucoma. "Open-angle glaucoma" is the most common form and usually is caused by a buildup of protein in the eye that prevents fluid from draining. Open-angle glaucoma may be genetic or result from an eye surgery or eye injury. "Angle-closure glaucoma" is a rarer form and is caused by fluid being unable to drain from the eye due to the eye's anatomy.

### How can glaucoma impact your health?

Vision loss from glaucoma can present in many different ways, such as loss of side (peripheral) vision or blind spots. Vision loss may be so slow that it is barely noticeable, so if you have concerns about glaucoma, talk to a healthcare professional about whether getting regular screening is right for you. For cases of glaucoma caused by increased pressure in the eye, treatments such as medicated eye drops, laser therapy, or surgery can reduce pressure in the eye and slow vision loss.

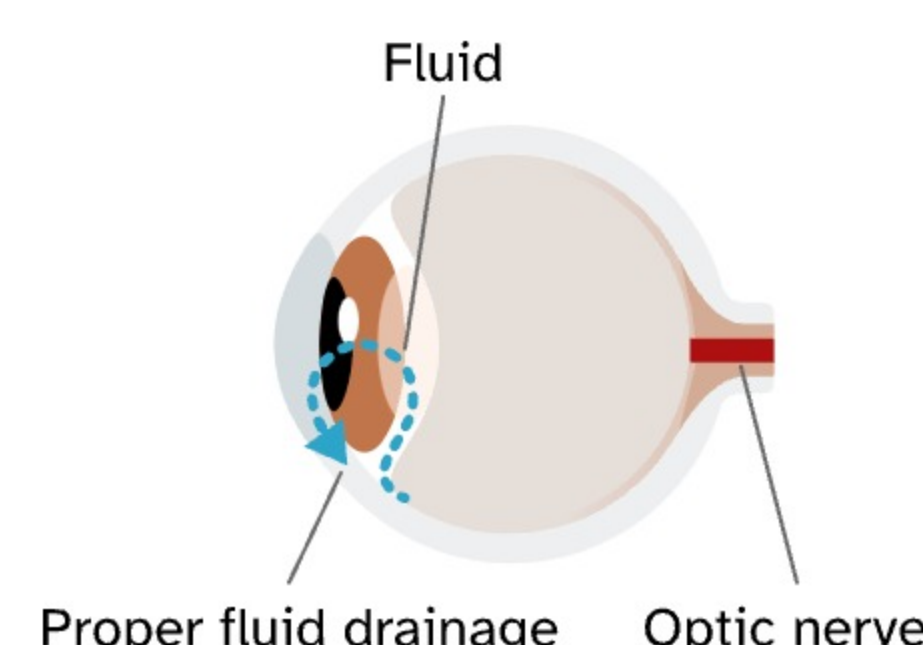
In some cases of angle-closure glaucoma, the pressure in the eye may increase suddenly, which can cause vision loss, headache, severe eye pain, nausea, and vomiting. This is a serious condition that requires immediate medical care and can result in permanent blindness if not treated quickly.

### Other factors that can impact your chances of developing glaucoma

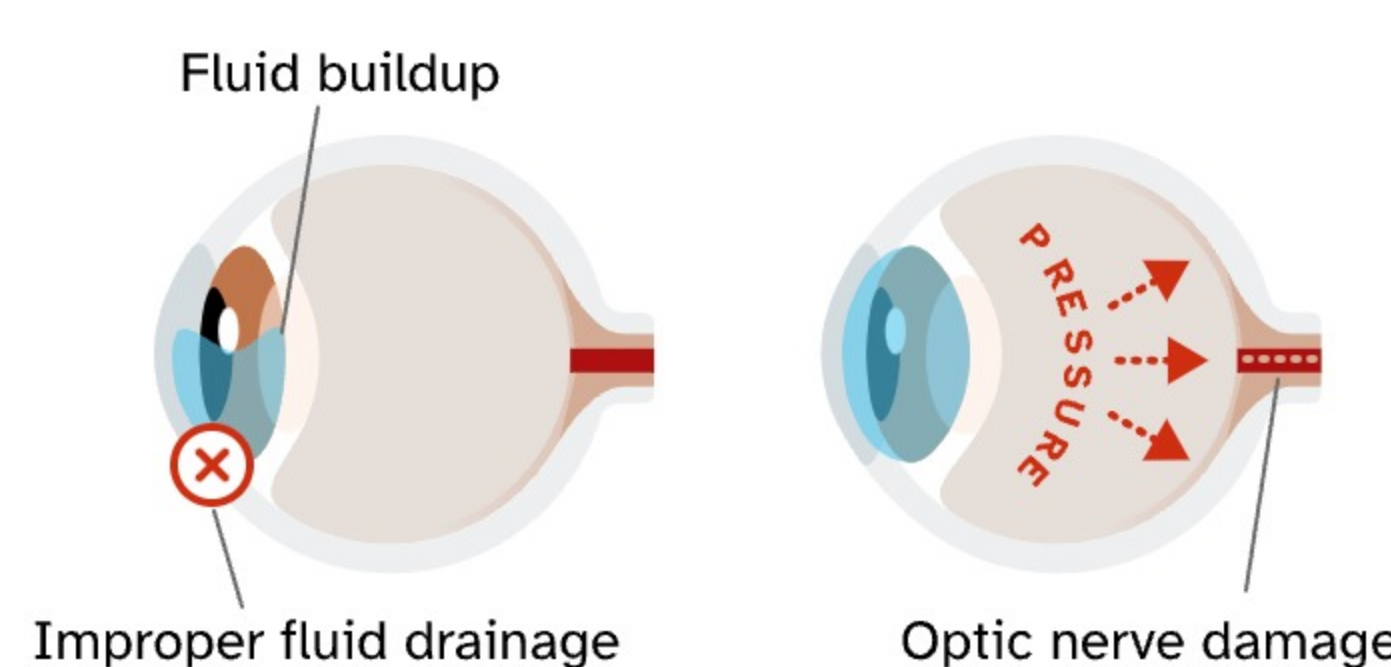
It is estimated that over 3 million Americans have glaucoma, and glaucoma is among the leading causes of blindness. Besides genetics, some factors that can increase a person's chances of developing glaucoma include:

- Age (glaucoma is more common as people get older, especially after age 40 for people of African/African American descent or age 60 for other ethnicities)
- Family history of glaucoma
- Ethnicity (open-angle glaucoma is more common in people of African/African American or Hispanic/Latino descent; angle-closure glaucoma is more common in people of East Asian, South Asian, and Southeast Asian descent)
- Certain health conditions (including increased eye pressure, diabetes, high blood pressure, and nearsightedness)
- Currently taking certain medications (including long-term use of corticosteroids, especially in eye drops)

### Typical vision



### Glaucoma



Partial vision loss



Blindness

## Keep in mind

This report **does not diagnose** glaucoma. **Consult with a healthcare professional** if you are concerned about your likelihood of developing glaucoma, have a personal or family history of glaucoma, or before making any major lifestyle changes.



If you have already been diagnosed with glaucoma by a healthcare professional, it is important to **continue any treatment plans** that they prescribe, including medications and lifestyle modifications.



The likelihood of developing glaucoma also depends on **other factors**, including lifestyle, age, and family history.



This report **does not account for every possible genetic variant** that could affect your likelihood of developing glaucoma, and it does not include rare variants that have a large impact on the likelihood of developing this condition.



This report is based on a genetic model **created using data from 23andMe research participants**. It has not been clinically validated and should not be used to make medical decisions.

[How we got your result](#) ▾