



Optic One Eye Care Centers of Spokane

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What is Ocular Hypertension?

Ocular hypertension is an increase in the pressure in your eyes that is above the range considered normal with no detectable changes in vision or damage to the structure of your eyes. The term is used to distinguish people with elevated pressure from those with glaucoma, a serious eye disease that causes damage to the optic nerve and vision loss.

Ocular hypertension can occur in people of all ages, but it occurs more frequently in African Americans, those over age 40 and those with family histories of ocular hypertension and/or glaucoma. It is also more common in those who are very nearsighted or who have diabetes.

Ocular hypertension has no noticeable signs or symptoms. Your Optometric Physician will evaluate the pressure in your eyes with instruments referred to as a tonometer and pach. In addition it is vital that they examine the inner structures of your eyes to assess your overall eye health and may choose to run baseline visual fields, stereo photos, and GDX nerve fiber analysis.

Not all people with ocular hypertension will develop glaucoma. However, there is an increased risk of glaucoma among those with ocular hypertension, so regular comprehensive optometric examinations are essential to your overall eye health.

There is no cure for ocular hypertension, however, careful monitoring and treatment, when indicated, can decrease the risk of damage to your eyes.

Please read all package inserts for both prescription and non-prescription medications and consult with your doctor and/or pharmacist with any questions or concerns regarding their use and/or interaction with other medications you may be taking.

We appreciate the opportunity to serve you. If you have any questions regarding this handout please contact our office at the phone numbers listed above or email your inquiry to askus@opticone.com