



Dr Allan Simpson

Ophthalmologist

Southern Eye Specialists, Christchurch

Saturday, August 13, 2016

(Room 11)

16:30 - 17:00 Everything You Need to Know About Eyedrops

The Treatment of Glaucoma: all about eyedrops



Dr AJ Simpson Southern Eye Specialists
Christchurch

Why does a GP need to know about glaucoma?

- Glaucoma is a major cause of preventable blindness
- It is estimated 50% of people with glaucoma do not realise they have it
- Early detection key to preventing irreversible sight loss
- 98% of patients who comply with treatment will not go blind

How do patients find out more? Glaucoma NZ



www.glaucoma.org.nz

99 times out of 100,
glaucoma is detected in routine eye examinations,
not because someone is aware of difficulty seeing

Presbyopia is the main chance!

Early detection is vital

Have an eye test

Glaucoma NZ
promotes
45 + 5 'rule'



Tell family and friends

The **3** most important things in glaucoma treatment

Pressure

Pressure

Pressure



Other Risk Factors

- Disc cupping
- Age
- Family history
- Myopia
- African Descent
- Steroid medication
- Migraine sufferers
- Trauma

the only way we can treat glaucoma is by lowering the intraocular pressure

1. Medications
2. Laser
3. Surgery

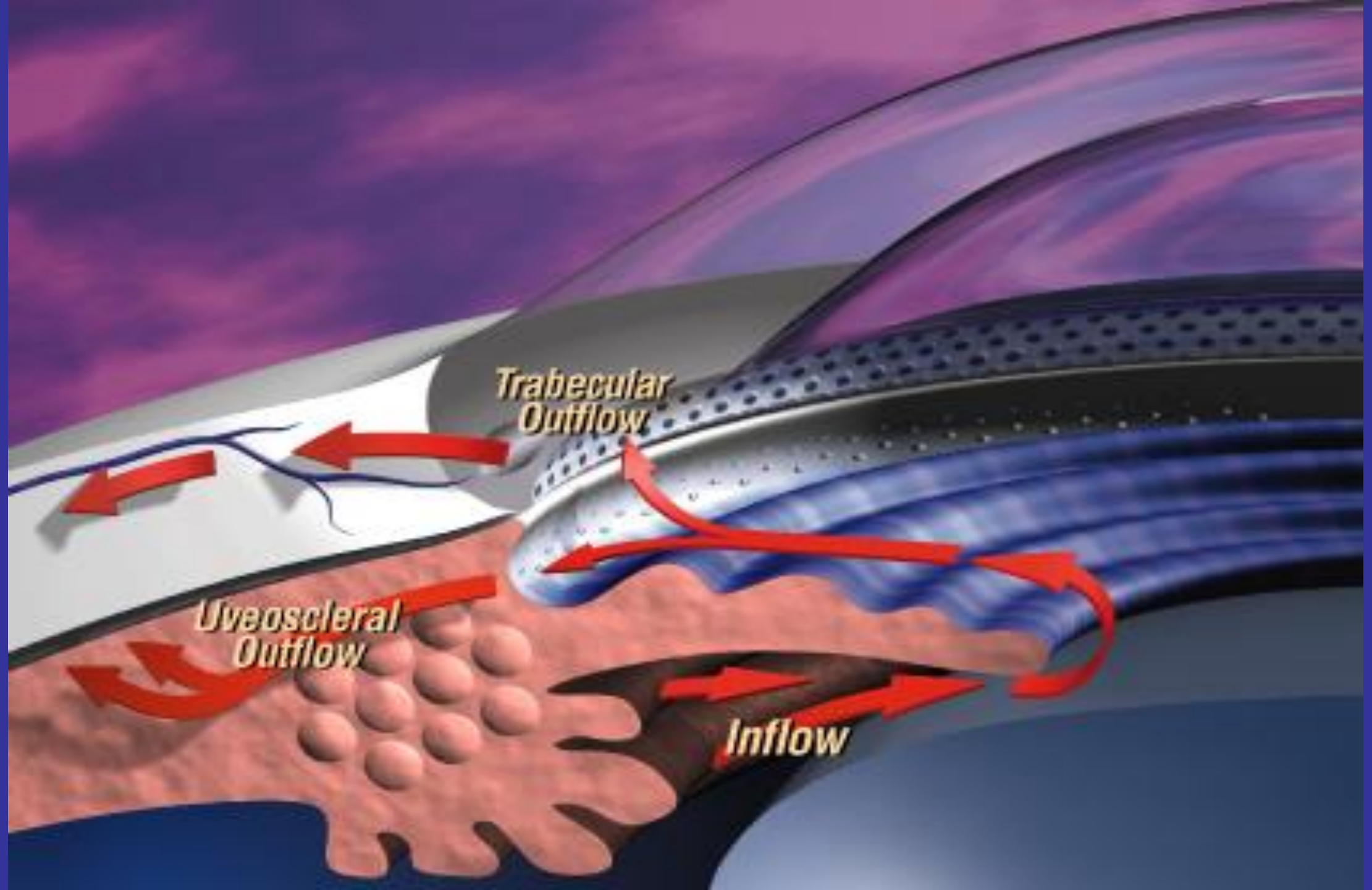


Most common treatment is eye drops



Medications to reduce IOP- must get into the eye to work!





Medications to reduce IOP

- Those that reduce fluid production

*Timolol, Betagan, Betoptic,
Azopt, Brimonidine,
Cosopt, Combigan*

- Those that increase trabecular outflow

Pilocarpine

- Those that increase uveo–scleral outflow

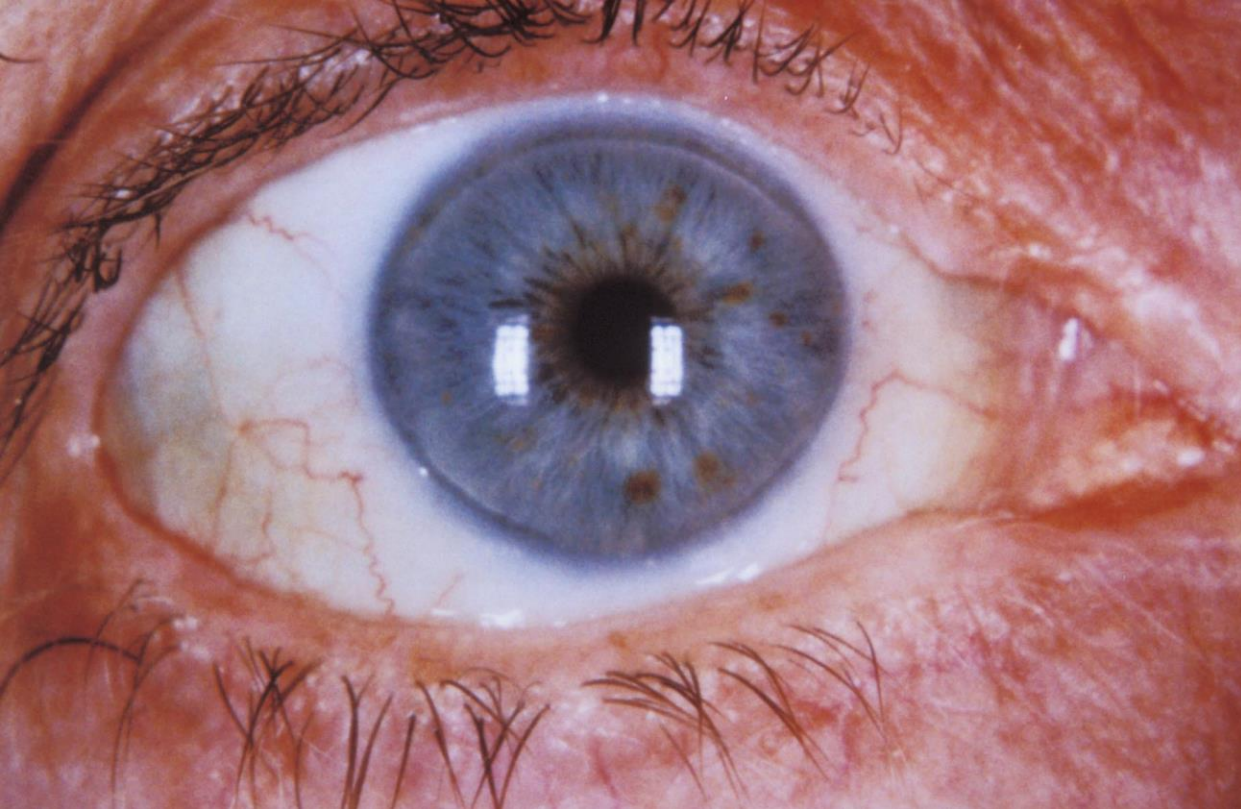
Hysite, Travatan, Lumigan

Prostaglandins:

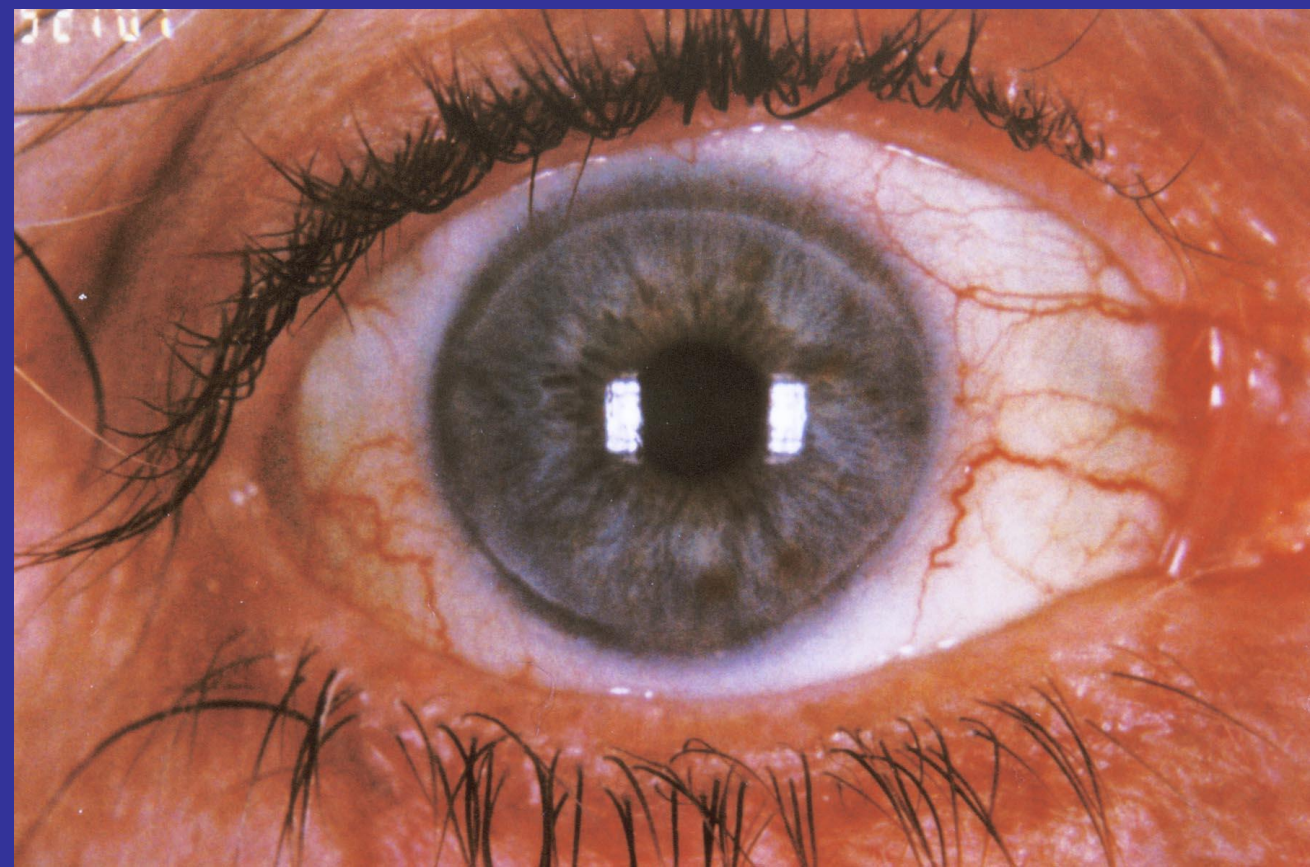
Hysite (Xalatan), Travatan, Lumigan

- Red Eye (less in 2 months)
- Darker Iris
- Longer Eyelashes
- Orbital atrophy syndrome
- Systemic side-effects unlikely as they are metabolised in the eye.





Iris colour



Orbital atrophy syndrome



Beta Blockers

- Asthma
- Lower Blood Pressure
- Slower Pulse
- Dizziness
- Depression
- Vivid Dreams
- Impotence
- Hair Loss



2 Different Strengths of *B* blocker



Carbonic Anhydrase Inhibitors

Eyedrops:

Trusopt, Azopt, (Cosopt)

- Bitter Taste
- Stinging
- Crusty eyelashes
- Dry mouth

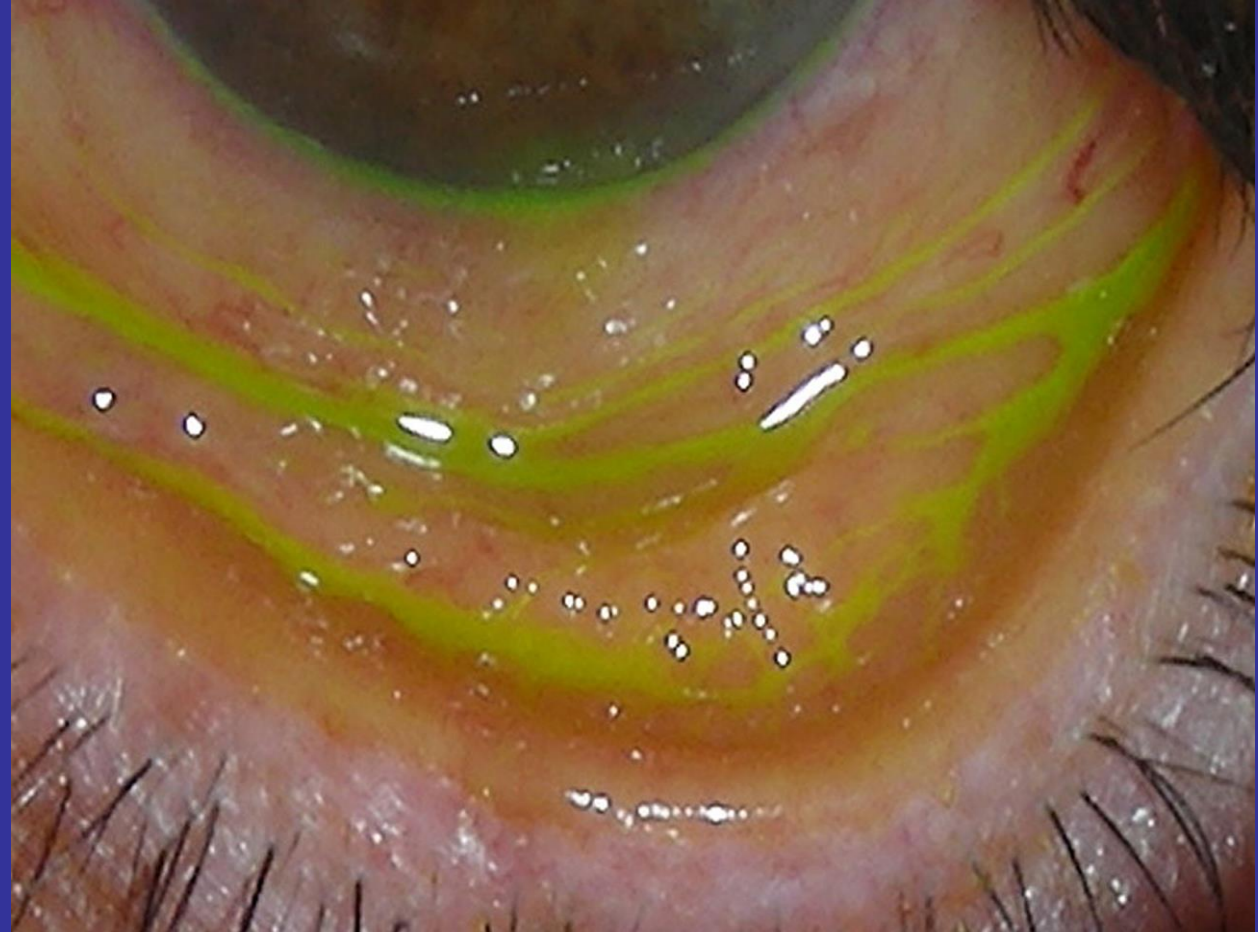
Diamox tabs

- Tingling fingers, toes
- GI upset, loss of appetite
- Potassium depletion
- polyuria, renal stones
- confusion
- aplastic anaemia

Alpha Agonists Alphagan, Brimonidine

- Allergy 20 – 30%
- Fatigue
- Somnolence
- Increased BP
- Dry Mouth
- Altered Taste

Brimonidine/Alphagan allergy

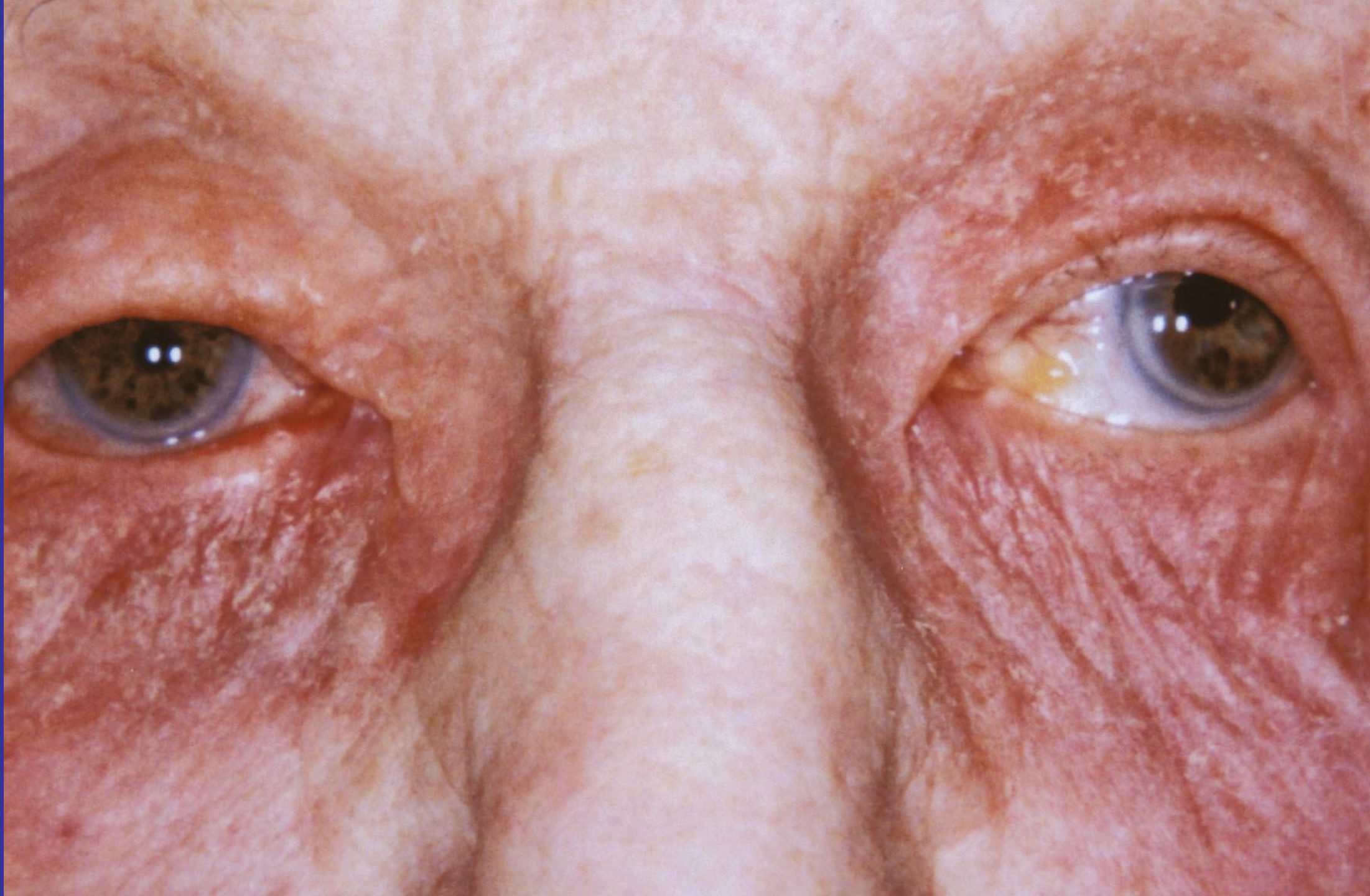


Combo Drops









Benzalkonium Chloride (BAK)

- Most commonly used preservative in glaucoma products
- At high concentrations, can accumulate and remain in ocular tissue
- Has been shown to cause cytotoxic effects on the ocular surface in numerous studies