

PREVENTION WEDNESDAY

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City of Baltimore

Health Department

Glaucoma

Did You Know?

- **Glaucoma is a leading cause of preventable blindness.**
- **Nearly 3 million people in the U.S. have glaucoma.**
- **Glaucoma can destroy eyesight without any pain or warning signs.**

The Eyes Have It

Free screenings will be offered one day each month during 2008. Call 410-601-7295 for times and locations.

FIRST SCREENING:
Tuesday, January 29, 2008
4:30-7:30 pm
Sinai Hospital,
2411 W. Belvedere Ave.
No appointment is required.

Prevention TIPS:

Tip 1 Find out whether you should be screened for glaucoma. **You should be screened if...**
... you are over 60 years old,
... you are over 40 years old and African American,
... you are diabetic,
... you have a family history of glaucoma.
Otherwise, check with your doctor.

Tip 2 If you need a screening, do it this month.
Call your doctor for a referral or receive a free screening through The Eyes Have It - (410-601- 7295).

Tip 3 If your screening shows a problem, seek eye care.
Glaucoma can be treated before irreversible problems happen. You may qualify for a free eye exam, one year of treatment, or other programs. Call 1-800-222-EYES (EyeCare America) or 1-800-766-4466 (Vision USA).

Mayor Sheila Dixon
www.preventionwednesday.org

Resources and References

- **EyeCare America** is a public service program whose mission is to preserve sight by raising awareness about eye disease and providing access to medical eye care. <http://www.eyecareamerica.org/eyecare/>
- **VISION USA** offers many vision-related services, including free eye exams for low-income Americans. <http://www.aoa.org/x5607.xml>
- **The Polakoff Foundation** supports breakthrough research for a glaucoma cure and provides assistance to organizations offering glaucoma-related services. <http://www.polakoff-foundation.org/PolakoffFoundation/home.html>
- **The Maryland Society for Sight** operates a Mobile Eye Care for the Homeless Program, which offers eye exams and free glasses to homeless persons in Maryland. <http://www.mdsocietyforsight.org/mobile.htm>
- **New Eyes for the Needy** provides vouchers for eye care and eyeglasses to qualifying individuals nationwide. <http://www.neweyesfortheneedy.com/users/individuals.html>
- **Unite For Sight** has compiled a list of free vision clinics nationwide. <http://www.uniteforsight.org/freeclinics.php>
- **Sight for Students** provides free vision exams and glasses to low-income, uninsured children. <http://www.sightforstudents.org/>