



Prevent vision loss

Glaucoma is a leading cause of irreversible blindness. When glaucoma is treated in its early stages, vision loss can be prevented. Yet studies show that up to half of people with glaucoma don't use their medications properly.



- **Be honest with your eye doctor about your medication difficulties.** Missed a dose? It may not seem to matter much, but research shows that skipping doses can cause your glaucoma to become more severe. Ask about the best way to make up for a missed dose and how to manage your medications.
- **Use memory aids.** The most common reason for not taking eye drops is forgetfulness. Try simple memory aids like linking your eye drop schedule to other things you do routinely such as brushing your teeth. Mark times you take your medication on a calendar. Set an alarm on your smartphone.
- **Perfect the "pocket."** Giving yourself eye drops can be challenging. Gently pull and pinch the lower lid to make a pocket to catch your drops. Once the drops are in, close your eyes (do not blink) and apply light pressure to the point where the lids meet the nose for at least 60 seconds.