

# Eye Doctors Urge Exams During Glaucoma Awareness Month

## Highland Ophthalmology Associates to Offer Free Glaucoma Screenings

NEWBURGH, N.Y. – Jan. 2 (SEND2PRESS NEWSWIRE) – In honor of Glaucoma Awareness Month, Highland Ophthalmology Associates, in Newburgh, NY, will be offering free Glaucoma Screenings on Saturday, January 13, 2007. Highland Ophthalmology Associates encourages anyone at risk to please participate in their Glaucoma Awareness Program.

It is estimated that over 3 million Americans have glaucoma and half are at risk for going blind because they remain undiagnosed. “Glaucoma is a complex disease, because there are no symptoms in the early stages. By the time vision loss is noted by the patient, the disease process is quite advanced. If detected early enough, vision loss from glaucoma can be treated and prevented,” said Dr. Tim Huynh an Eye M.D. and a fellowship trained glaucoma specialist at Highland Ophthalmology. “As part of Glaucoma Awareness Month in January, we are urging people who might be at risk to come to our office for a free Glaucoma Screening.”

“Who is at risk? African-Americans have a higher incidence of glaucoma, and it often appears at a younger age than in other racial groups. Anyone with a close relative – father, mother or sibling – with glaucoma is also at risk. Older people, those with diabetes and people who have had a serious eye injury are considered at risk as well,” says Dr. Huynh. “Anyone who falls into these groups should call us or their Eye M.D. to have their eyes examined. Although glaucoma cannot be cured, early detection and treatment can usually preserve vision.”

Glaucoma is a condition in which the optic nerve, responsible for transmitting visual information from the eye to the brain, is damaged. It can be associated with elevated pressure within the eye and often leads to vision loss. It begins with the loss of peripheral vision and then advances to a reduction in central vision. Glaucoma can potentially lead to blindness.

On Saturday January 13, 2007, Highland Ophthalmology will be hosting complimentary glaucoma screenings at their office between the hours of 9:00 AM and 12:30 PM. Walk-ins are welcome but appointments can be scheduled to help minimize wait time by calling (845) 562-0138.

## About Highland Ophthalmology Associates

Highland Ophthalmology Associates is a full-service ophthalmology practice, located at 304 Fullerton Avenue in Newburgh, NY and headed under the direction of Dr. Mary E. Davidian, a Fellowship Trained Corneal Specialist and a Refractive Surgeon. She specializes in corneal transplants, multifocal lens implants and cataract surgery. The staff includes: Dr. Thien (Tim) Huynh, a Fellowship Trained Glaucoma Specialist who also performs cataract surgery; Dr. Maureen K. Wallen, a Doctor of Optometry with extensive training

in ocular disease management and primary eye care; Dr. Miriam M. Rolf, a Doctor of Optometry with extensive clinical and academic experience.

Highland Ophthalmology is affiliated with leading medical and academic centers in the Hudson Valley and New York City metropolitan area including: The New York Eye and Ear Infirmary, The Westchester Medical Center, Central New York Eye Center and The Vassar Brothers Medical Center.

More information on Highland Ophthalmology Associates can be found at [www.highlandophthalmology.com](http://www.highlandophthalmology.com). High-resolution images of and interviews with Highland Ophthalmology eye doctor's are available upon request.

### **Facts About Glaucoma**

- \* It is estimated that over 3 million Americans have glaucoma but only half of those know they have it. (1)
- \* Approximately 120,000 are blind from glaucoma, accounting for 9% to 12% of all cases of blindness in the U.S. (2)
- \* Glaucoma is the leading cause of blindness among African-Americans. (2)
- \* Glaucoma is 6 to 8 times more common in African-Americans than Caucasians. (3)
- \* The most common form, Open Angle Glaucoma, accounts for 19% of all blindness among African-Americans compared to 6% in Caucasians. (4)
- \* Glaucoma is the second leading cause of blindness in the U.S. and the first leading cause of preventable blindness. (5)
- \* African-Americans ages 45-65 are 14 to 17 times more likely to go blind from glaucoma than Caucasians with glaucoma in the same age group. (5)
- \* Other high-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted. (5)

Sources: (1) Prevent Blindness America; (2) National Eye Health Program/National Institutes of Health; (3) American Academy of Ophthalmology; (4) Racial differences in the cause-specific prevalence of blindness in east Baltimore. N Engl J Med. 1991 Nov 14;325(20):1412-7; (5) Glaucoma Research Foundation.

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