

Glaucoma - know your risk

questionnaire

To help assess your risk of suffering from glaucoma answer the following questions and then add your scores together.

1. How old are you?

Less than 50 years	0
50 - 64 years	1
65 -75 years	2
Greater than 75 years	3

2. Which of the following best describes your ethnic origin?

Caucasian / other	0
Asian	1/2
African	2

3. Do you have a family history of glaucoma?

No family history of glaucoma	0
Family history but not first degree relatives	0
Parent has history of glaucoma	1
Brother or sister has glaucoma	2

4. When did you last have an eye examination?

Within the past two years	0
2 - 5 years ago	1
More than 5 years ago	2

TOTAL SCORE

- 4 or more - you have a high risk of open angle glaucoma
- 3 - you have a moderate risk of open angle glaucoma
- 2 or less - you have a low risk of suffering from open angle glaucoma

Other factors such as high myopia (short-sight) or hyperopia (long-sight); systemic hypertension,steroids and diabetes can also increase your risk of glaucoma although they are not strong enough to be weighted on the above table.

* This questionnaire is based on an analysis of the risk factors of glaucoma conducted as part of Glaucoma2001

The Eyecare Trust is a registered charity that exists to promote awareness of all aspects of eye health. For more information call our public information line on 0845 129 5001 or log on to www.eyecaretrust.org.uk

