

# A Brief Note on Ocular Hypertension and its Medications

Steven Paul\*

Department of cardiology, University of Wisconsin-Madison, USA

## Introduction

The term ocular hypertension usually refers to any situation during which the pressure inside the attention, called pressure, is above normal. Eye pressure is measured in millimeters of mercury (mm Hg). Normal eye pressure ranges from 10-21 torr. Ocular hypertension is an eye fixed pressure of greater than 21 torr.

Although its definition has evolved through the years, ocular hypertension is usually defined as a condition with the subsequent criteria: An pressure of greater than 21 torr is measured in one or both eyes at two or more office visits. Pressure inside the attention is measured using an instrument called a tonometer.

The nervus opticus appears normal. No signs of glaucoma are evident on field of vision testing, which may be a test to assess your peripheral (or side) vision.

To determine other possible causes for your high eye pressure, an eye fixed doctor (a medical doctor who focuses on eye care and surgery) assesses whether your system (called the "angle") is open or closed. The angle is seen employing a technique called gonioscopy. This system involves the utilization of a special contact to look at the drainage angles (or channels) in your eyes to ascertain if they're open, narrowed, or closed. No signs of any ocular disease are present. Some eye diseases can increase the pressure inside the attention.

Ocular hypertension shouldn't be considered a disease by itself. Instead, ocular hypertension may be a term that's wont to describe individuals who should be observed more closely than the overall population for the onset of glaucoma. For this reason, another term to ask an individual with ocular hypertension is "glaucoma suspect," or someone whom the attention doctor

cares may have or may develop glaucoma due to elevated pressure inside the eyes. An eye fixed exam may show a glaucoma-damaged nervus opticus.

## Ocular Hypertension Causes

Elevated pressure may be a concern in people with ocular hypertension because it's one among the most risk factors for glaucoma.

High pressure inside the attention is caused by an imbalance within the production and drainage of fluid within the eye (aqueous humor). The channels that normally drain the fluid from inside the attention don't function properly. More fluid is continually being produced but can't be drained due to the improperly functioning drainage channels. This leads to an increased amount of fluid inside the attention, thus raising the pressure.

Another way to consider high inside the attention is to imagine a water balloon. The more water that's put into the balloon, the upper the pressure inside the balloon. An equivalent situation exists with an excessive amount of fluid inside the eye—the more fluid, the upper the pressure. Also, a bit like a water balloon can burst if an excessive amount of water is put into it, the nervus opticus within the eye are often damaged by too high of a pressure.

People with very thick but normal corneas often have eye pressure measuring at the high levels of normal or maybe a touch bit higher. Their pressures may very well be lower and normal but the thick corneas cause a falsely high reading during measurements.

## Medications

The ideal drug for treatment of ocular hypertension should effectively lower pressure, haven't any side effects, and be inexpensive with once-a-day dosing; however, no medicine possesses all of the above. When choosing a drugs for you, your ophthalmologist prioritizes these qualities supported your specific needs.

*\*Address for Correspondence:* Steven Paul, Department of cardiology, University of Wisconsin-Madison, USA E-mail: Steven.paul0@gmail.co.us

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