Lifestyle Changes to Manage Glaucoma

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En Español (Spanish Version)

Although there are no specific lifestyle measures to help treat glaucoma, the Glaucoma Research Foundation suggests a couple of general tips to improve your overall health, which may have an effect on your disease.

General Guidelines

- Eat a healthful diet
- Exercise regularly

New research suggests that cholesterol lowering medications may reduce the risk of open-angle glaucoma. The most benefit was observed for people who already have evidence of cardiovascular disease.

Eat a Healthful Diet

Although no conclusive studies have shown a link between glaucoma and diet, the Glaucoma Research Foundation suggests that eating a healthful diet will benefit your general health and help your body fight disease.

Some of the vitamins and minerals important to general eye health include the minerals zinc and copper; the antioxidant vitamins C, E, and A; beta-carotene; lutein; and other nutrients. There is no evidence that any of these nutrients specifically help prevent or treat glaucoma.

Certain herbal supplements, such as gingko biloba, have been shown to possibly help in glaucoma. Talk to your doctor about which supplements may be useful for you.

Exercise Regularly

There is some preliminary evidence that links regular exercise with a reduction in eye pressure. In addition, regular exercise can help you manage other possible risk factors, such as diabetes and high blood pressure.

However, people with certain forms of glaucoma may experience an increase in eye pressure after strenuous exercise. It is important that you talk with your doctor before beginning any type of exercise program.

REFERENCES:

The Glaucoma Foundation website. Available at: http://www.glaucomafoundation.org/.


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