

The Significance of Ocular Hypertension in Rare Disorders

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Description

Higher than normal Intraocular Pressure (IOP) in the eye is a symptom of ocular hypertension, a condition that may progress to glaucoma a dangerous condition that can impair vision if left untreated. Ocular hypertension by itself may not always result in symptoms or issues with vision, but it does need to be closely watched over and managed to avoid glaucoma. The fluid pressure inside the eye is known as intraocular pressure or IOP. In order to preserve the form of the eyeball and guarantee that the optic nerve is functioning properly, this pressure is typically kept within a specific range. Ocular hypertension is characterized by a persistently elevated intraocular pressure without accompanying visual impairment or optic nerve damage indicative of glaucoma. To measure intraocular pressure using tonometry which can be performed during a thorough eye examination ocular hypertension is diagnosed. To evaluate the condition of the optic nerve and rule out glaucoma, additional tests such as visual field testing and optic nerve imaging may be carried out. Reducing intraocular pressure is the main goal of managing ocular hypertension in order to minimize the chance of glaucoma developing. Ocular hypertension is a disorder marked by increased intraocular pressure that needs to be closely monitored and managed in order to avoid the possibility of glaucoma-related vision loss. Regular eye exams and following treatment programs are essential for maintaining eye health and protecting vision, even though the condition may not cause symptoms at first. People can prevent ocular hypertension from impairing their vision and overall eye health by being aware of the risk factors, symptoms, diagnosis and available treatments. In conclusion, effective treatment of ocular hypertension and halting its development into more severe eye disorders depend on early recognition and management.

Ocular hypertension causes

Ocular hypertension may arise from a number of causes, some of which are not usually evident at the outset:

Genetics: The risk is increased by a family history of ocular hypertension or glaucoma.

Age: Ocular hypertension is more likely to occur in older adults.

Ethnicity: High ocular pressure is more common in some ethnic groups, such as African Americans.

Eye anatomy: Impaired fluid outflow and elevated pressure can result from structural anomalies in the drainage system of the eye.

Medical conditions: Certain drugs, diabetes and hypertension can all cause an increase in intraocular pressure.

Ocular hypertension symptoms

Ocular hypertension, in contrast to glaucoma, usually exhibits no symptoms at all, such as pain in the eyes or altered vision. The majority of individuals with ocular hypertension do not have any symptoms and they can only become aware of the illness when a raised IOP is found during a normal eye checkup.

Frequent monitoring: To track intraocular pressure and identify any changes in the health of the optic nerve, people with ocular hypertension should have regular eye exams.

Lifestyle adjustments: You can control intraocular pressure by leading a healthy lifestyle that includes frequent exercise, a balanced diet and quitting smoking.

Medication: To decrease intraocular pressure, eye drops may be provided to increase drainage or decrease the formation of fluid in the eyes.

Surgery: To enhance fluid drainage from the eye, either traditional surgery or laser trabeculoplasty may be advised in some circumstances.