

glaucoma remains untreated, people will not be able to see objects to the side and out of the corner of their eye. They seem to be looking through a tunnel. Over time vision may decrease until the person becomes blind.

How is Glaucoma detected?

Glaucoma is found through a comprehensive dilated eye exam that includes the following:

- **Visual acuity test.** This eye chart test measures how well you see at various distances.
- **Visual field test.** This test measures your peripheral (side vision). It helps your eye care professional tell if you have lost peripheral vision, a sign of glaucoma.
- **Dilated eye exam.** In this exam, drops are placed in your eyes to widen, or dilate, the pupils. Your eye care professional uses a special magnifying lens to examine your retina and optic nerve for signs of damage and other eye problems. After the exam, your close-up vision may remain blurred for several hours.
- **Tonometry** is the measurement of pressure inside the eye by using an instrument called a tonometer. Numbing drops may be applied to

your eye for this test. A tonometer measures pressure inside the eye to detect glaucoma.

- **Pachymetry** is the measurement of the thickness of your cornea. Your eye care professional applies a numbing drop to your eye and uses an ultrasonic wave instrument to measure the thickness of your cornea.

Can Glaucoma be cured?

No. There is no cure for glaucoma. Vision lost from the disease cannot be restored.

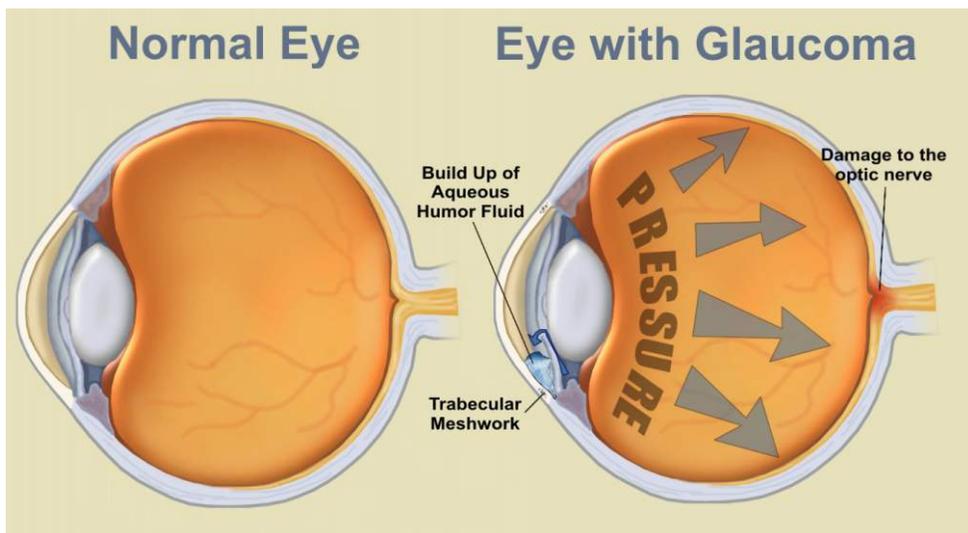
Glaucoma Treatments

Immediate treatment for early-stage, open-angle glaucoma can delay progression of the disease. That's why finding it early is very important.

Glaucoma treatments include:

- Medicines,
- Laser surgery,
- Normal surgery,
- or a combination of any of these.

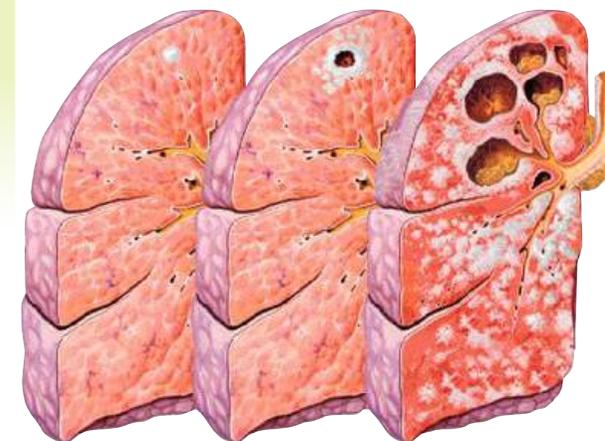
While these treatments may save remaining vision, they do not improve sight already lost from glaucoma.



On the Move Against, Tuberculosis. Be TB Aware.

This month we focus on:

- TB Awareness
- Glaucoma



According to the World Health Organisation (WHO), Approximately 1% of the South African population of about 50 million develop an active TB disease each year. This is worldwide the third highest incidence of any country after India and China. Such incidents have increased by 400% over the past 15 years.

HIV is a major contributing factor. These two diseases are the main focus of workplace healthcare, however, both can be prevented.

Nearly 25 000 people die each year from TB. According to the City Press, 212 employees died in mine accidents in 2012!

The Government, Mine Bosses and Unions have done a great job reducing the number of fatalities. We now need to focus on HIV and TB prevention, testing and treatment as 25 000 deaths is absolutely unacceptable!

Dr. RB Malkin

References

TB AWARENESS WEEK

March is TB awareness month and as we celebrate TB awareness day on the 24 March, the goal is to provide information on TB to raise awareness.

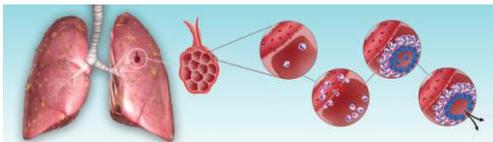


TB is common and people need to know about TB so if they have it they can get treatment.

TB causes many people to die but the disease can be cured if you find it early enough and get treatment.

What is TB?

Tuberculosis (TB) is an infectious illness caused by the airborne bacteria .TB can cause serious health problems – particularly if it is not caught early. But the illness is curable.



How is TB Spread?

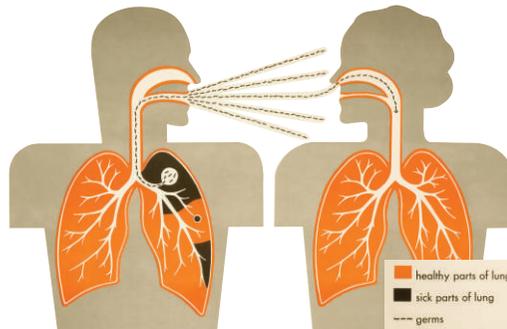
Spread of TB is usually by the cough of an infected person (air borne droplet infection) normally after prolonged exposure or repeated contact.

A major problem is the stigma of having TB, which prevents individuals to present themselves for diagnosis and treatment, and communities from offering support and talking about it.

What are the Symptoms of TB?

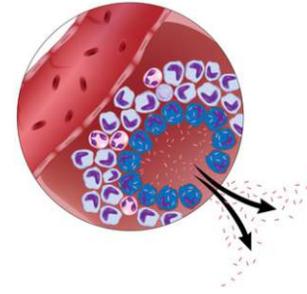
The most common symptoms of pulmonary tuberculosis are:

- A cough that lasts for more than three weeks.
- Loss of weight for no obvious reason.
- Fever.
- Heavy night sweats.
- Fatigue/a general and unusual sense of tiredness and being unwell.



All of these symptoms may be signs of other problems, but **if you have 3 or more of these symptoms you should visit your doctor.**

If you have been exposed to TB (i.e. spent time with someone already infected) or notice the symptoms above, it is very important to see a doctor as soon as possible. The doctor will be able to take a skin or blood test to determine whether you do in fact have TB.



If you have TB you must complete the course of treatment in order to be cured and to avoid getting sick again.

If you or a family member has TB, the following steps should be taken to avoid spreading the disease to those around you.

- Stay away from work or school and avoid close contact with other people
- Sleep separately from the rest of the family
- Make sure the house is well ventilated at all times
- When sneezing or coughing, cover your mouth with a tissue or handkerchief. Discard used items and always wash your hands afterwards.

While there is no adult vaccination for TB, the BCG vaccination is available for young children in all government clinics.

WORLD GLAUCOMA WEEK

World Glaucoma week is celebrated from the 08 to 14 March, this week highlights the condition and creates awareness.

What is Glaucoma?

Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and blindness. However, with early detection and treatment, you can often protect your eyes against serious vision loss.

Glaucoma Symptoms

At first, glaucoma has no symptoms. It causes no pain. Vision stays normal. Glaucoma can develop in one or both eyes.

Without treatment, people with glaucoma will slowly lose their peripheral (side) vision. As

