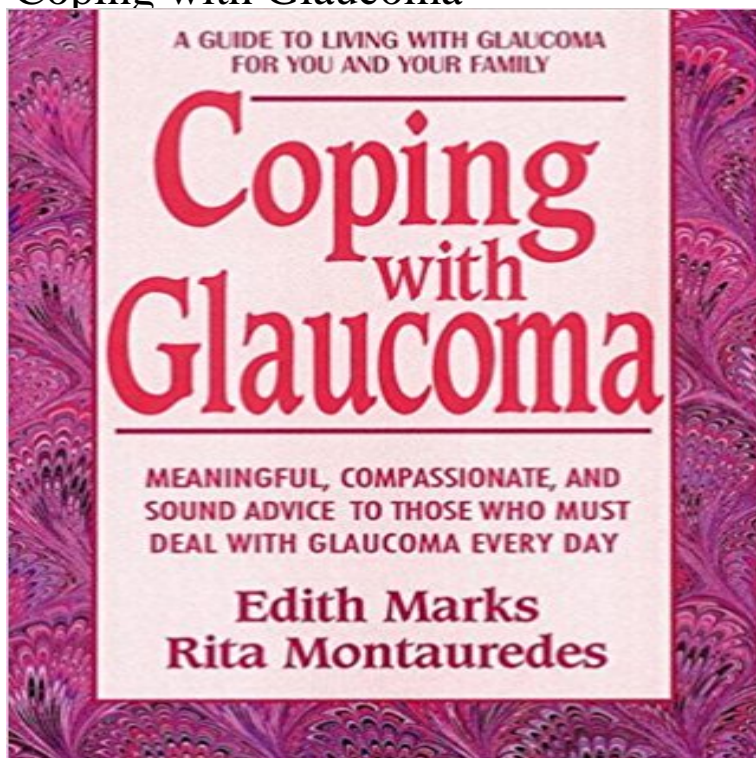


Coping with Glaucoma



In *Coping With Glaucoma*, Edith Marks and Rita Montauredes offer a clear and easy-to-use guide to understanding and living with this sometimes unpredictable condition. They cover all aspects of the disease: the different types of glaucoma; what happens to the eye affected by glaucoma; and the connections between glaucoma and other conditions, such as cataracts, diabetes, and high blood pressure. Using nontechnical language, they explain the tests and procedures used to diagnose and monitor glaucoma - what they are, what they involve, and what they show - and provide important information on the medications used, including the best way to administer them for greatest effectiveness with fewest side effects. Other treatments, including laser therapy and surgical approaches, are discussed as well. *Coping With Glaucoma* also contains a wealth of practical advice on other issues of concern, including how to choose a doctor; how to work with your doctor to ensure the best possible management of the condition; how to protect and care for your eyes every day; how to use nutrition, lifestyle changes, and alternative approaches to promote eye health; ways to reduce and cope with stress; and ways to work around the limitations that glaucoma imposes so that you can maximize your quality of life.

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