

# questionnaire

## Glaucoma - know your risk

To help assess your risk of suffering from glaucoma answer the following questions and then add your scores together.

### 1. How old are you?

Less than 50 years	0
50 – 64 years	1
65 – 75 years	2
Greater than 75 years	3

### 2. Which best describes your ethnic origin?

Caucasian / other	0
Asian	½
African	2

### 3. Do you have a family history of glaucoma?

No family history of glaucoma	0
Family history but not first degree relatives	0
Parent has history of glaucoma	1
Brother or sister has glaucoma	2

### 4. When did you last have an eye examination?

Within the past two years	0
2 – 5 years ago	1
More than 5 years ago	2

### TOTAL SCORE

**Four or more** – you have a high risk of open angle glaucoma

**Three** – you have a moderate risk of open angle glaucoma

**Two or less** – you have a low risk of suffering from open angle glaucoma

*Other factors such as high myopia (short-sight) or hyperopia (long-sight); systemic hypertension, steroids and diabetes can also increase your risk of glaucoma although they are not strong enough to be weighted on the above table.*

\* This questionnaire is based on an analysis of the risk factors of glaucoma conducted as part of Glaucoma2001



The Eyecare Trust is a registered charity that exists to promote awareness of all aspects of eye health. For more information call our public information line on 0845 129 5001 or visit [www.eyecaretrust.org.uk](http://www.eyecaretrust.org.uk)