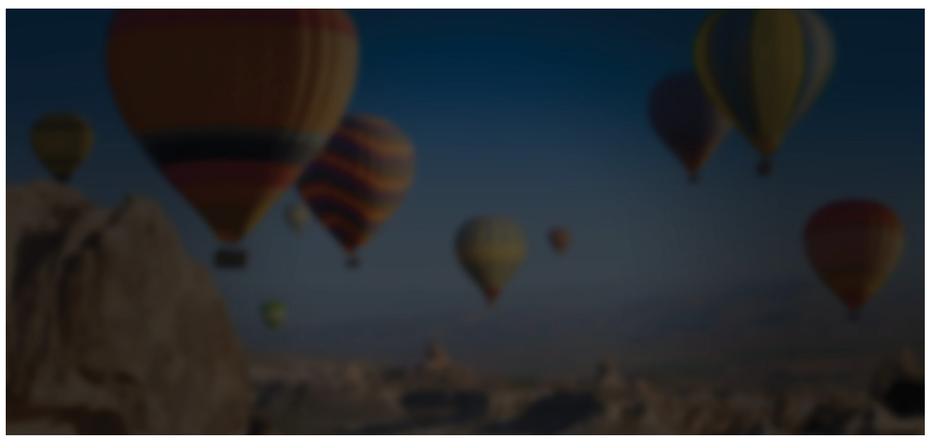
Santen
Imagine Your Happiness

# Am I at risk of going Blind?

## How well can you see? Have you experienced any of below?

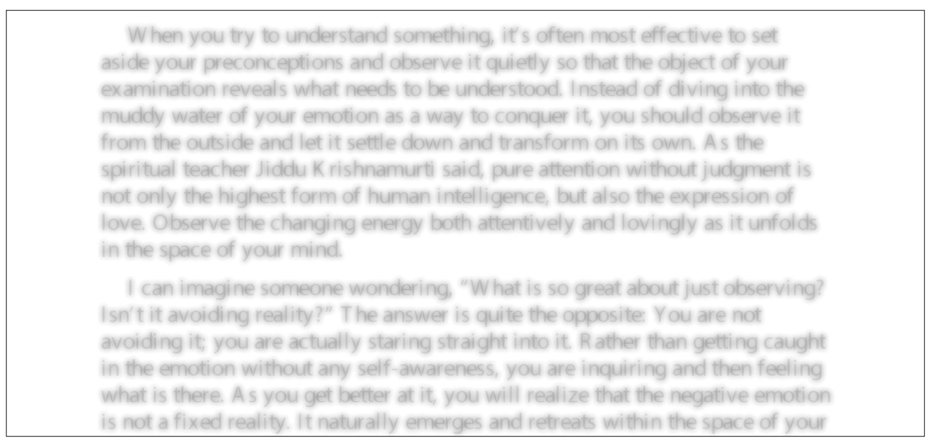
Blurry vision

Loss of Peripheral vision



Vision loss

Seeing glare



When you try to understand something, it's often most effective to set aside your preconceptions and observe it quietly so that the object of your examination reveals what needs to be understood. Instead of diving into the muddy water of your emotion as a way to conquer it, you should observe it from the outside and let it settle down and transform on its own. As the spiritual teacher Jiddu Krishnamurti said, pure attention without judgment is not only the highest form of human intelligence, but also the expression of love. Observe the changing energy both attentively and lovingly as it unfolds in the space of your mind.

I can imagine someone wondering, "What is so great about just observing? Isn't it avoiding reality?" The answer is quite the opposite: You are not avoiding it; you are actually staring straight into it. Rather than getting caught in the emotion without any self-awareness, you are inquiring and then feeling what is there. As you get better at it, you will realize that the negative emotion is not a fixed reality. It naturally emerges and retreats within the space of your

Letters appearing faded when reading

Difficulty in distinguishing color

**If you answered Yes to any of the above, you may have undiagnosed glaucoma**

## Up to 90% of Glaucoma remains undiagnosed[1]

**Glaucoma is the leading cause of blindness**

**LEARN MORE**

# World Glaucoma Week

## MARCH 6 - 12, 2022

www.worldglaucomaweek.org

**Source:** https://apps.apple.com/ph/app/glaucoma-vision-simulation/id1442489270

[1]Indian J Ophthalmol. 2011 Jan; 59(Suppl1): S1–S2. [2]Hu CX, Zangalli C, Hsieh M, Gupta L, Williams AL, Richman J, Spaeth GL. What do patients with glaucoma see? Visual symptoms reported by patients with glaucoma. Am J Med Sci. 2014 Nov;348(5):403-9. https://www.ncbi.nlm.nih.gov/pubmed/24992392 [3]Hawkins AS, Szlyk JP, Ardickas Z, et al. Comparison of contrast sensitivity, visual acuity, and Humphrey visual field testing in patients with glaucoma. J Glaucoma 2003;12:134–8. https://www.ncbi.nlm.nih.gov/pubmed/12671468 [4]Pacheco-Cutillas M, Edgar DF, Sahraie A. Acquired color vision defects in glaucoma—their detection and clinical significance. Br J Ophthalmol 1999;83:1396–402. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1722892/ [5]Pokhrel P, Loftus S. Ocular emergencies. Am Fam Physician. 2007;76(6):829-836. https://www.ncbi.nlm.nih.gov/pubmed/17910297 [6]Glaucoma Research Foundation, January is Glaucoma Awareness Month, http://www.glaucoma.org/news/glaucoma-awareness-month.php

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**Download the App on your Iphone/Ipad to help understand vision loss due to glaucoma**

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