

# *Fact Sheet*

## **Ocular Hypertension (OHT)**

Ocular hypertension means the pressure inside the eye, intraocular pressure (IOP), is elevated above the range considered normal, usually greater than 21mm Hg. However, despite having high IOP, a person with ocular hypertension has no signs of glaucoma.

### **What are the risks associated with Ocular Hypertension?**

Not everyone with elevated IOP will develop glaucoma, which is a much more serious condition. OHT is distinguished from glaucoma in that there are no detectable changes in vision, no evidence of visual field loss, and no damage to the optic nerve. However, patients diagnosed with ocular hypertension have an increased risk of developing glaucoma. Approximately 10% will develop glaucoma in 5 years.

### **What are the Signs of Ocular Hypertension?**

You can't tell if you have ocular hypertension, because it is symptomless. This is why it is crucial to have regular eye examinations.

### **What Causes It?**

Anyone can develop ocular hypertension, but it is more common in those with a family history of ocular hypertension or glaucoma, and nearsightedness. However, some people's normal eye pressure is simply higher than average.

### **Does Ocular Hypertension require Treatment?**

Your eye doctor will closely examine your eye, discuss the other possible risk factors that may predispose you to glaucoma, and then decide whether you personally will benefit from treatment. If it is decided that treatment is necessary, it is most commonly in the form of eye drops. Even if treatment is not necessary, you will need to have eye examinations at recommended intervals.