



Prostaglandin Analogs for the Treatment of Glaucoma

While there is no cure for glaucoma, it can be controlled.

Elevated intraocular pressure (IOP) may damage the optic nerve, which can lead to vision loss. Treatment for glaucoma focuses on lowering IOP to a level that is unlikely to cause further optic nerve damage. This is known as the “target pressure” or “goal pressure.” The target pressure differs from individual to individual. Your target pressure may change during your course of treatment.

If you have glaucoma or are at high risk for developing glaucoma, medication (topical eye drops) are often prescribed to lower your eye pressure. There are many more choices for topical treatment of glaucoma today than there were only a few years ago. I have chosen a **prostaglandin analog** medication as a good choice for treating your glaucoma.

How Do Prostaglandin Analogs Work?

These medications lower the intraocular pressure by increasing the outflow of the fluid that the eye continually makes, called the *aqueous humor*. These medications are all taken once a day usually at bedtime.

What Are the Prostaglandin Analogs?

- Latanoprost (Xalatan®) GENERIC Available
- Bimatoprost (Lumigan®)
- Travoprost (Travatan Z®)
- Tafluprost (Zioptan®)



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Possible Side Effects of Prostaglandin Analogs

All medications, including eye drops, have benefits, but they may also have side effects. Some people taking these eye drops may experience:

- Redness of the eye
- The iris (the colored part of the eye) may darken or turn brown (this change in color occurs slowly and may not be noticeable for months or even years); Eyes that are light brown or hazel to begin with are at greatest risk.



- Increased growth, thickness and pigmentation of the eyelashes;
- Prostaglandin associated periorbitopathy (deepening of the sulcus of upper lid, loss of fat around eye causing the eye to appear more sunken in, droopy upper lid)



Sunken in appearance with absorption of the fat around the eye seen here on the right (pt.'s left eye)

- Eye irritation or itching;
- Blurred vision;
- Darkening of the eyelid skin which is reversible with stopping the medication;
- Muscle aches (rare);
- Headache (rare).

Patients with a history of uveitis (inflammation in the eye), ocular herpes infection or a history of swelling in the retina (called cystoid macular edema), should use this medication with caution. If you have a history of any of these conditions, please discuss this with your doctor..

Medication Tips:

For glaucoma medications to work, you must take them regularly and continuously as prescribed by your doctor.

Systemic complications from eye drops are rare. Although not mandatory, one can decrease these risks as follows. After putting in eye drops, blot away any excess drops with a tissue. Close your eyes for three minutes without blinking, then resume normal activities. Feel free to call Dr. Beck's office to report any concerns.