

This material will help you understand ischemic optic neuropathy.

What is ischemic optic neuropathy?

Ischemic optic neuropathy causes a sudden loss of central vision, side vision, or both. This vision loss is caused by decreased blood flow to the eye's optic nerve. When the brain does not get enough blood flow, this is called a stroke. Ischemic optic neuropathy is like a "stroke" to the eye. The optic nerve acts like an electricity cable that sends the image from the eye to the brain. The brain then interprets these images, allowing you to see properly. If the optic nerve is not getting enough blood flow, it will not function normally and your vision will be affected.

What causes ischemic optic neuropathy?

There are many different causes for ischemic optic neuropathy. More common causes include things that cause heart disease like:

- High blood pressure
- Diabetes
- Smoking

How can I treat ischemic optic neuropathy and prevent it from occurring in the other eye?

There are no proven treatments for ischemic optic neuropathy.

Sometimes eye doctors will try steroids to see if they might help improve your vision.

Changes in your lifestyle help to prevent ischemic optic neuropathy from occurring in your other eye. For example, if you have diabetes, work to make

sure your sugar levels are well controlled. If you smoke, we recommend quitting to protect your other eye. If you are overweight, find ways to improve your diet and increase your exercise. These healthier lifestyle changes will help to decrease your cardiovascular risk and protect your other eye. You should also talk to your primary care doctor to make sure your cholesterol and blood pressure are at healthy levels.

For more information, scan this code with your smartphone or visit the website listed.



<http://www.geteyesmart.org/eyesmart/diseases/ischemic-optic-neuropathy/index.cfm>

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