3.1 Ocular Hypertension

**OCULAR HYPERTENSION DEFINITION**
- Open angles
- Full visual fields
- Healthy discs
- No ocular inflammation
- IOP more than 21mmHg

**Gonioscopy and anterior chamber examination to exclude:**
- Angle closure disease
- Inflammatory disease

**IOP > 26mmHg = TREAT**
If < 26mmHg then consider other risk factors

- No other risk factors
- NO TREATMENT
  - Review after 12 months
- YES, risk factors present

- CCT < 485 microns
- CDR > 0.7
- CDRasym > 0.2
- Disc Haemorrhage visible or previously documented
- Family history of glaucoma
- Other ocular co-morbidity

Score one for each risk factor present
Total number of risk factors present

**If more than 2 factors present = TREAT**

**TREATMENT:** First line consider laser (SLT or TLT)
or beta-blocker or Prostaglandin analogue, if no contraindications
Review IOP at one month
And regularly until IOP 30% reduction from baseline

Then monitor yearly with dilated optic nerve head assessment and visual field and OCT examination, where possible