

Vijay's story



Vijay, Age 39

Pfizer life aims to help you make more informed decisions about how you can live your life in the best possible health. This story is an example of one patient's experience with glaucoma. However your experience may be very different.

I'd never really thought about eye health before. If I thought about the opticians at all, it was only to do with making sure I had the frames I like. And you can get reading glasses anywhere these days.

Being told I had something that could be potentially serious to do with my eyes was a shock. I had gone in expecting that I needed some stronger lenses, not to be told that without medical help I could go blind.

It was a shock, of course it was. But the optometrist was very professional, and took time to talk to me.

I had an appointment with my GP, who said that it might be related to my diabetes. But in any case he sent me to the Ophthalmology Clinic in the hospital, and I was assessed again there. They confirmed I had glaucoma, and put me on an eye drop treatment.

The thing was that the eye drops didn't agree with me. So I stopped taking them. I now realise this was not a good idea. Because every day you don't take your drops you risk losing a tiny bit of sight.

I mentioned it to my GP when I saw him, and he sent me straight back to the specialist who put me on new drops which seem to be fine. The Ophthalmologist said there were two really important things to do: keep taking the drops properly, and keep coming back to the appointments.

If remembering these two things is all it takes, then that's not so hard to do if it means I can keep my sight.