

# Global Ophthalmology and Glaucoma Conference

October 13-15, 2016 Kuala Lumpur, Malaysia

## Medical treatment of primary open angle glaucoma: Recent advancement

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Glaucoma is being considered as a second leading cause of blindness in the world and is responsible 12.5% of total blindness. It is a neurodegenerative disease where ganglionic cell become degenerated progressively leading to blindness. Due to lack of proper treatment blindness which occurs is irreversible. Though increased intraocular pressure is the major risk factor to cause damage yet glutamate, nitric oxide, vascular supply can also be considered as other risk factors.

In POAG to maintain the baseline level of IOP to reduce the extent of damage we can do medical, laser or surgical treatment. to with to reduce the mechanical effect over the nerve To reduce IOP, vascular damage, and biochemical effect. Medical therapy is the initial treatment to start. There are different line of treatment. Even we can use single or multiple drug depending on IOP. PG analog, Alpha agonist, beta blocker are most widely used. Along with this newer drug are also being introduced eg Tufluprost. But whatever we use it should be effective, tolerable, and affordable. Future upcoming anti glaucoma drug will not only reduce IOP but also protect trabecular meshwork, improve blood flow to optic nerve head, and slower the progress of damage.

**Key word:** PG analog, Alpha agonist, IOP, Tufluprost

**Disclosure:** The authors have no conflicts of interest to declare.

### Biography

Zakia Sultana Shahid Associate Professor of Anwer Modern Medical College And Hospital, Dhanmondi, Dhaka. She was Former Head of the department of ophthalmology of the same medical college. She is from Chittagong. Studied at Convent, ST. Scholasticas Girls High School and Chittagong Govt College. Graduated from Chittagong Medical college in 1988. She has done her training in ophthalmology in NIOH and obtained Diploma in ophthalmology from NIOH under Dhaka University in 1993. She obtained Master of Surgery in Ophthalmology from NIOH under BSMMU in 2003. Performed her Fellowship in Glaucoma from LV Prasad Eye Institute, Hyderabad, India in 2005. Her area of interest Cataract, Glaucoma & Uvea. Along with her many credentials DR. Zakia .S. Shahid has many publications in different journal of both Home and Abroad. She attended many Conference both Home and Abroad and participated with scientific papers. She is the Secretary General of Bangladesh Glaucoma Society. Assistant Editor of BGS Journal. Life member of Bangladesh Ophthalmological Society, Founder Life Member of Bangladesh Glaucoma Society, Life Member of Bangladesh Uvea Society, Bangladesh National Society of Blind, Chittagong Maa O Shishu Hospital, Kidney Foundation ctg, Diabetic Association Ctg. She is the President of Soreptimisit International Club Dhanmondi who works for women and girls to improve their lives and status. She achieved 'MOTHER TERESSA' award 2016 for her contribution in medical science, in Ophthalmology and social work.

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