

## About your Doctors

### ***Trusted professionals dedicated to helping you***

***Martin B. Kaback, MD***– received his medical degree from McGill University in Montreal, Canada and completed his internship and residency in ophthalmology at the Jewish General Hospital in Montreal. He completed his glaucoma fellowship at Washington University School of Medicine. He returned to the Jewish General Hospital and became the Director of Glaucoma Services before moving to Albany in 1984, at which time he was appointed Director of Glaucoma Services at Albany Medical College. He is an active member of the American Academy of Ophthalmology, an associate professor of ophthalmology at Albany Medical Center and glaucoma consultant to Stratton VA Hospital.

***Ralph M. Sanchez, MD, MPH***– graduated from Johns Hopkins University and received his medical degree from Yale University School of Medicine. He completed his internship and residency at Yale, becoming Chief Resident in 1994. From Yale, he went to Portland, Maine to become a part of a multi-physician private practice where he specialized in the care and treatment of patients with glaucoma. Dr. Sanchez has gone on many mission trips to underprivileged countries to help care for patients and teach physicians surgical techniques in the treatment of glaucoma. He is an active member of the American Academy of Ophthalmology.

***Steven T. Simmons, MD***– graduated Summa Cum Laude from Hamilton College and received his medical degree from the University of Rochester School of Medicine. He completed his internship and ophthalmology residency at Albany Medical Center, and his glaucoma fellowship at Wills Eye Hospital. Dr. Simmons is a recipient of the 1997 Honor Award from the American Academy of Ophthalmology and the Golden Apple Award for Excellence in Resident education from Albany Medical College. He received the Senior Honor Award from the American Academy of Ophthalmology in 2005.

## How to Locate Us

***From the NORTH***– Take the Northway (I-87) south to Exit 1E onto I-90 East. Follow directions below for I-90.

***From the WEST***– Take the NYS Thruway (I-90) to Exit 24. This becomes I-90 East. Follow directions below for I-90.

***From the SOUTH***– Take the NYS Thruway (I-87) to Exit 24. This becomes I-90 East. Follow directions below for I-90.

***From the EAST***– Take the Mass Pike to I-90. Follow directions below for I-90.

***From I-90***– Follow I-90 to Exit 4 (Rt. 85/Slingerlands). Stay on this road (Rt. 85) until you get to the 2nd stop light (at this light you must go either left or right). Take a left onto New Scotland Road. Continue down hill about 1/8th mile to Slingerlands Medical Arts building on your right. This is the 1st building. Park in the rear of the building and enter through entrance "B". Go through both double doors and enter first office on right side.

**[www.glaucomaconsult.net](http://www.glaucomaconsult.net)**

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Slingerlands, New York 12159

# Knowing about Glaucoma

 **Glaucoma  
Consultants**  
*of the Capital Region*

## What is glaucoma?

### ***Glaucoma is a group of diseases.***

Glaucoma is a group of diseases resulting in damage to the optic nerve. When the nerve is unable to communicate with the brain, loss of vision occurs.



**Diagram 1:** *What a normal eye sees, even into the first stages of glaucoma.*



**Diagram 2:** *What an eye with advanced stages of glaucoma sees. Peripheral vision is most notably blurry or dark.*

Research has shown that glaucoma, often associated with the increased pressure inside the eye, can occur even when the pressure is “normal”. The ability of glaucoma to develop over time with virtually no detectable symptoms has earned it the name “*sneak thief of sight*”. The exact cause of primary open angle glaucoma, the most common form of the disease, is unknown. Glaucoma is one of the most common causes of blindness.

## What are the symptoms?

Typically, there are no symptoms. The vision at first seems normal and there is usually no pain. “Blind spots” develop in the peripheral vision as the optic nerve is damaged. As glaucoma progresses, a person may not notice their peripheral or side vision gradually failing. Objects in front may still be seen clearly, while objects to the side may be missed. If left untreated, the field of vision will continue to worsen and can lead to permanent loss of central vision.

## Can vision loss be prevented?

Yes! While there is no permanent cure for glaucoma, loss of vision can be prevented. Glaucoma can be successfully treated with medications, lasers or surgery to preserve vision.

## What can you do to protect your vision?

The single most effective way to protect your vision is through early detection and treatment. Identifying glaucoma before it causes major vision loss is the best way to control the disease. Those individuals that fit into a high-risk category should make sure to have a dilated eye exam every two years by an eye care professional.

## Who is at risk for glaucoma?

Anyone can develop glaucoma. Some people are at higher risk than others. They include:

- African-Americans over age 40.
- Everyone over age 60, especially Mexican-Americans.
- People with a family history of glaucoma.
- People with diabetes.

A comprehensive dilated eye exam can reveal more risk factors, such as high eye pressure, thinness of the cornea, and abnormal optic nerve anatomy. In some people with certain combinations of these high-risk factors, medicines in the form of eyedrops reduce the risk of developing glaucoma by about 50%.

## Cataracts

A cataract is a painless, cloudy area in the lens of the eye that blocks the passage of light to the retina (the nerve layer at the back of the eye). Causes range from aging, exposure to ultraviolet radiation, eye injuries, eye disease, use of certain medications, or as a result of medical conditions such as diabetes. Currently, surgery is the only effective method of treating vision loss caused by cataracts. It is a common surgery in which the natural lens of the eye, which contains the cataract, is removed and replaced with an artificial lens. Whether surgery is needed depends on the degree of vision loss and whether it affects quality of life and ability to function.

## Glaucoma Consultants of the Capital Region

### ***Who are we?***

Glaucoma Consultants is a team of dedicated professionals who have chosen to make protecting the gift of sight their life’s work. Glaucoma Consultants is the collaborative practice of Dr. Martin Kaback, Dr. Ralph Sanchez and Dr. Steven Simmons, skilled fellowship-trained specialists who have worked together for nearly a decade. They’ve combined their talent and over 75 years of collective experience in order to provide the most comprehensive and effective options in the prevention and treatment of glaucoma.

We are acutely aware of how frustrating it can be to navigate the unfamiliar waters of a new medical condition. Our staff will work with you every step of the way ensuring that you understand the how, when, and why of each situation.

*We care about your vision and you.*