

The introduced thesis deals with the contemporary information and possibilities in prevention of glaucoma. Glaucoma is a disease characterized by progressive optic neuropathy, without therapy resulting in blindness. Risk factors include increase of intraocular pressure, genetic predispositions, race, age and gender.

There is no possibility of primary prevention of glaucoma till now and the only opportunity seems to be the active search for risk factors and examination of their importance. As described in the first chapter, there exist many factors participating in emergence of glaucoma. The set of important risk factors involves intraocular pressure, age, race, gender and diagnosis of refractive error. To determine how to influence some of these risk factors is possible solution in primary prevention of glaucoma. Some other epidemiological studies have been performed to establish impact of lifestyle, diet and smoking on genesis of glaucoma. Factors of lifestyle such as training, diet and smoking, which potentially affect intraocular pressure, have been examined. However, no relation as hypothesized has been confirmed so far. There is necessary to undertake some additional studies on establishment of primary prevention of this disease.

The only evidenced effective strategy in prevention of glaucoma remains careful use of pharmacotherapy aimed at lowering of intraocular pressure in patients diagnosed with intraocular hypertension.

To enable well-timed diagnosis of increasing intraocular pressure, we need to ensure better knowledgeableness in potential patients, they have experienced no changes in visual acuity and than do not consider important to see an eye specialists.