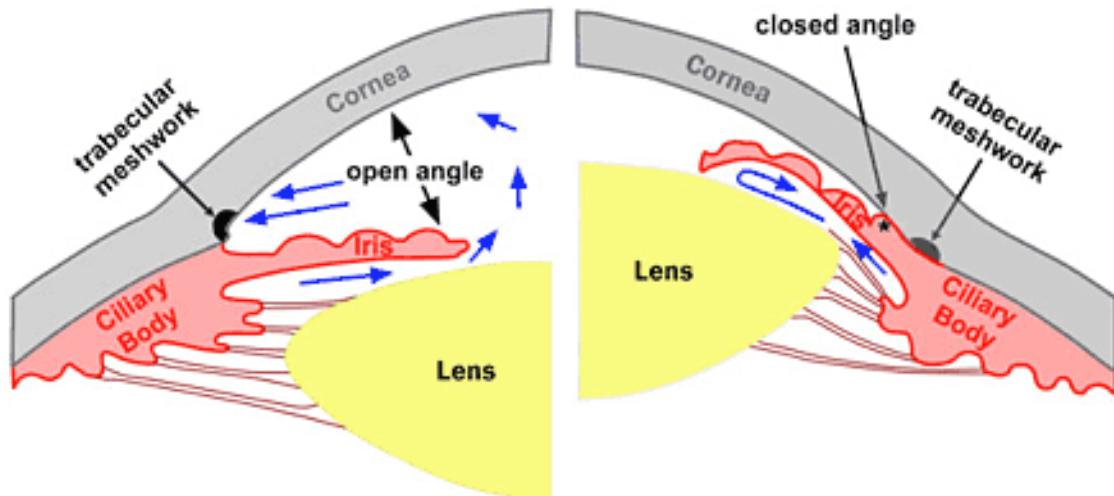


## Understanding Anatomic Narrow Angle

### What Is Anatomic Narrow Angle?

Your eye has a natural drainage angle called the trabecular meshwork, between the iris (colored part of the eye) and the cornea (clear front window). This angle allows fluid (aqueous humor) to drain properly. In anatomic narrow angle or closed angle, this drainage pathway is too tight or crowded, which can:

- Increase your risk for acute angle closure glaucoma (a sudden rise in eye pressure)
- Cause eye pain, redness, blurry vision, and nausea (if angle closure occurs)



### Why Is This Important?

If untreated, narrow angles can lead to:

- Sudden increase in eye pressure - acute angle closure
- Damage to the optic nerve
- Permanent vision loss

### What Causes It?

You may have narrow angles due to:

- Eye anatomy (shallow front chamber)
- Aging (lens gets thicker)
- Family history or certain ethnicities (e.g., Asian or Inuit descent)

## How Is It Diagnosed?

Your eye doctor will check the angle with a test called gonioscopy and may use imaging tools like anterior segment OCT or ultrasound biomicroscopy.

## Treatment Options

### 1. Laser Peripheral Iridotomy (LPI)

What it is:

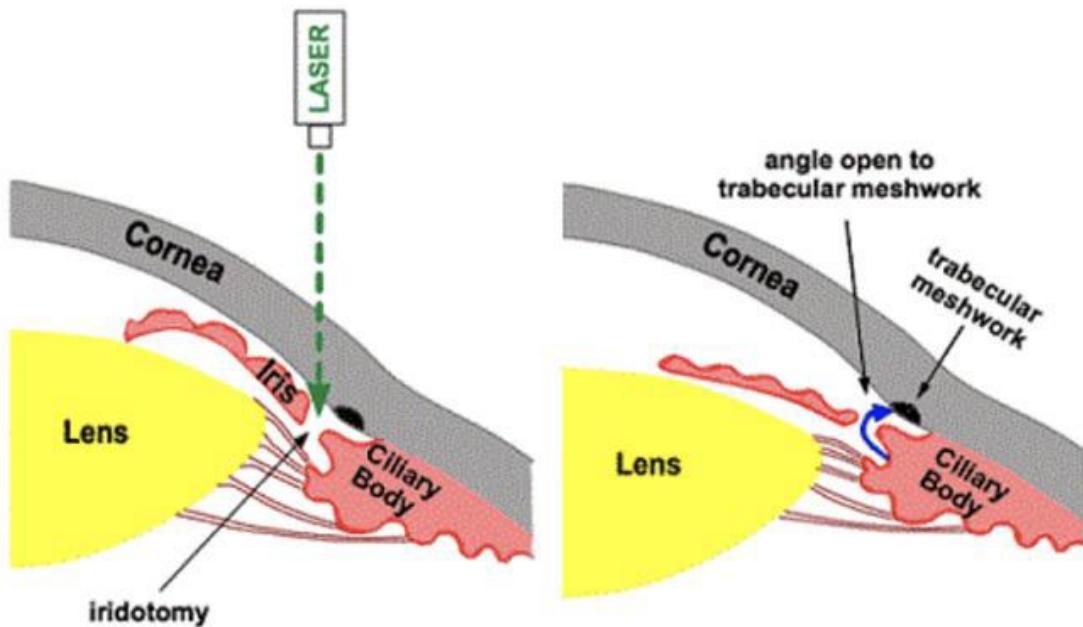
A quick laser procedure that creates a tiny hole in the iris, letting fluid flow more freely and relieving pressure on the angle.

What to expect:

- Performed in clinic
- Takes just a few minutes
- Mild discomfort or blurry vision for a day or two
- Eye drops used before and after the procedure

Goal:

Prevent angle closure by opening up the drainage angle.



## 2. Cataract Surgery

What it is:

Removal of the natural lens (which can thicken with age and push the iris forward), replaced by a clear artificial lens.

Why it helps:

- Deepens the drainage angle
- Lowers the risk of future angle closure
- May improve vision if cataracts are also present

What to expect:

- Outpatient surgery
- Eye drops for a few weeks
- Vision usually improves quickly

## What's Best for Me?

Your eye doctor may recommend:

- LPI alone if your lens is not thick and you have no cataract
- Cataract surgery if the lens is contributing to the narrow angle or if you already have a cataract
- Both procedures, depending on your anatomy and risk factors

## Key Takeaways

- Anatomic narrow angles are a preventable cause of glaucoma
- Early treatment can protect your vision
- LPI and cataract surgery are safe, effective options