

PALOMA BEAR HAS GLAUCOMA

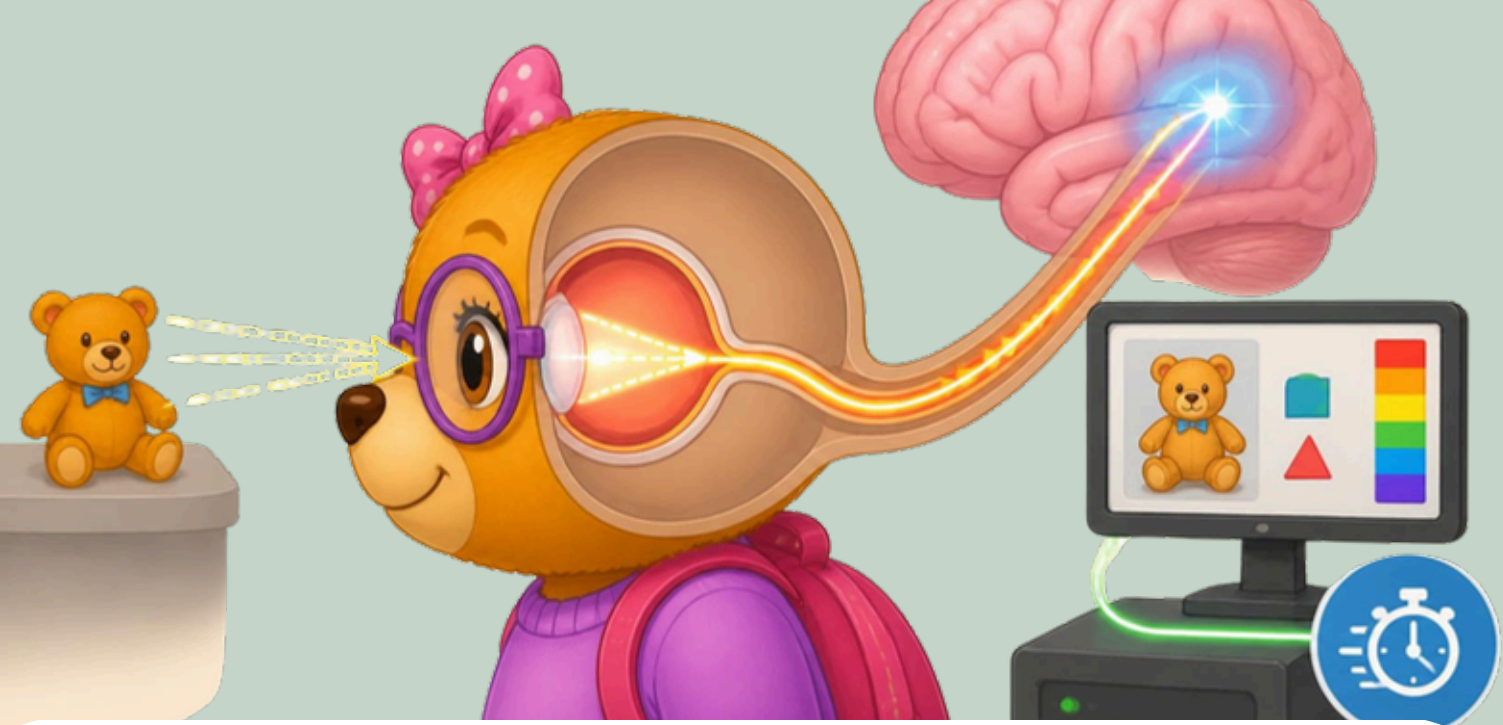




HI THERE! HOW ARE YOU?

**I AM PALOMA BEAR AND I
HAVE GLAUCOMA TOO.**

**TAKE A SEAT AND GET
COMFORTABLE. WE HAVE LOTS
AND LOTS TO GET THROUGH!**



LET US BEGIN WITH THE EYES. DID YOU KNOW THAT THERE IS A SPECIAL PATHWAY FROM THE EYES TO THE BRAIN? THE LIGHT GOES INTO THE EYE AND TRAVELS DOWN THIS PATHWAY TO END UP AT THE BRAIN. THE BRAIN IS LIKE A COMPUTER. IT CAN TELL US WHERE AND WHAT THE OBJECT IS, ITS SIZE, SHAPE AND COLOUR. ALL IN LESS THAN A SECOND!



ALL OF US SHOULD HAVE OUR EYES CHECKED. MUMMY AND DADDY GO TO THE OPTICIAN FOR THEIR CHECK.

I GET TO GO TO THE EYE HOSPITAL FOR MINE. I FIRST PLAY GAMES WITH THE ORTHOPTIST SO THEY CAN CHECK WHAT I CAN SEE.





NEXT, I GO TO SEE THE DOCTOR. THEY HAVE A FEW SPECIAL MACHINES. ONE OF THEM HAS HANDLES LIKE A BIKE, WHICH LETS THEM CHECK ALL THE WAY FROM THE FRONT TO THE BACK OF MY EYES.

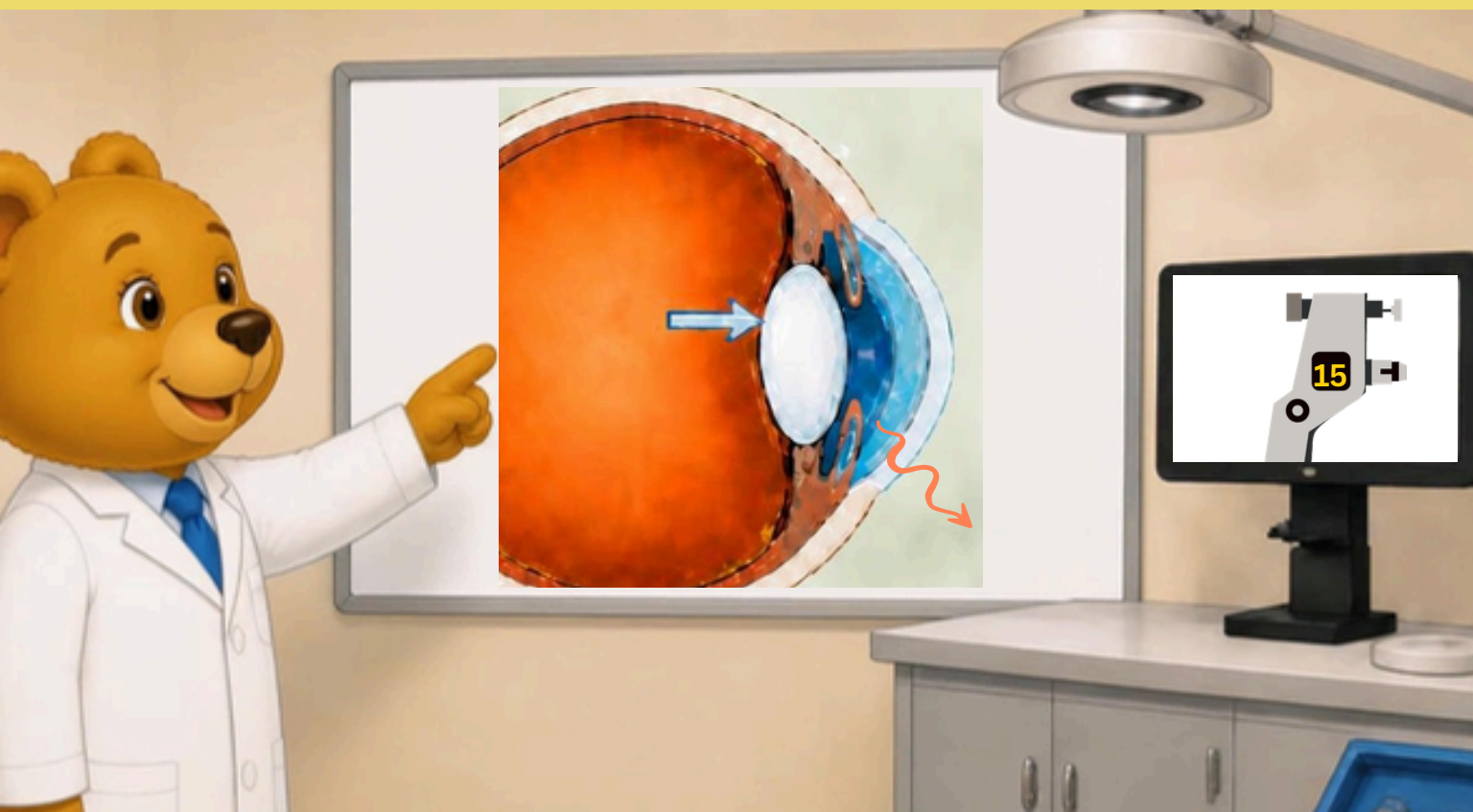
THE OTHER MACHINE BEEPS AND A NUMBER IS SHOWN.

**"WHAT DOES THAT TELL
YOU DOCTOR TEDDY
BEAR?" I ASK.**

**"WELL PALOMA,
LET ME EXPLAIN."**

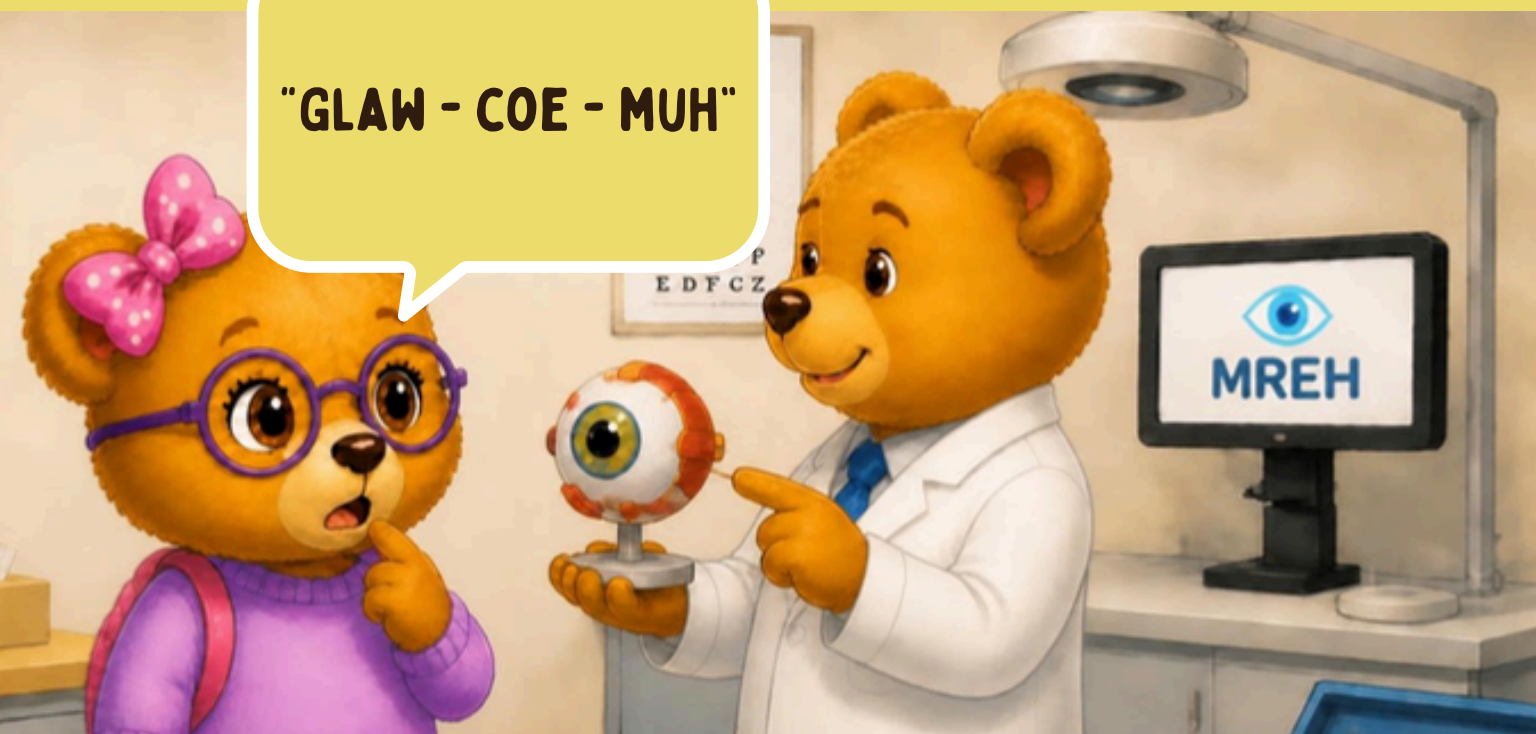


"OUR EYES PRODUCE A FLUID. THIS FLUID LETS THE EYE DO ITS JOB AND KEEP ITS SHAPE. IT TRAVELS FROM THE BACK TO THE FRONT OF THE EYE, AND THEN THROUGH A SPECIAL DRAIN, INTO THE BODY. THE FORCE OF THE FLUID AS IT TRAVELS DOWN THIS PATH, TELLS ME YOUR EYE PRESSURE. THIS IS THE NUMBER ON MY SPECIAL MACHINE."



**"SO, A HIGH NUMBER, MEANS A HIGH PRESSURE?" I ASK.
"CORRECT!" SAYS DOCTOR TEDDY BEAR. "BUT WHY IS MY
PRESSURE HIGHER THAN OTHER BEARS?" I ASK. "YOU HAVE
MORE FLUID IN THE EYES THAN OTHER BEARS." SAYS THE
DOCTOR. "THIS HAPPENS WHEN THE EYE MAKES TOO MUCH
FLUID, OR WHEN THERE IS AN ISSUE WITH THE SPECIAL DRAIN.
WE CALL THIS GLAUCOMA". "GLAW - COE - MUH" I SAY,
COPYING DOCTOR TEDDY BEAR.**

"GLAW - COE - MUH"





GLAUCOMA CAN MAKE MY EYES ACHE. IT CAN ALSO MAKE THEM WATER. THINGS CAN LOOK BLURRY AND AT TIMES IT CAN BE DIFFICULT TO OPEN MY EYES IF IT IS BRIGHT. THE DOCTOR TELLS ME THAT THIS IS COMMON FOR BEARS LIKE ME.

"WHY?" I ASK. "A HIGH PRESSURE PUTS THE EYES UNDER A LOT OF STRAIN." SAYS DOCTOR TEDDY BEAR. "THIS IS WHAT YOU ARE NOTICING. THE EXTRA STRAIN CAN ALSO STRETCH THE EYE. THIS IS WHAT MAKES YOUR EYES LOOK BIGGER IN SIZE AND THE FRONT OF THE EYE CLOUDY."

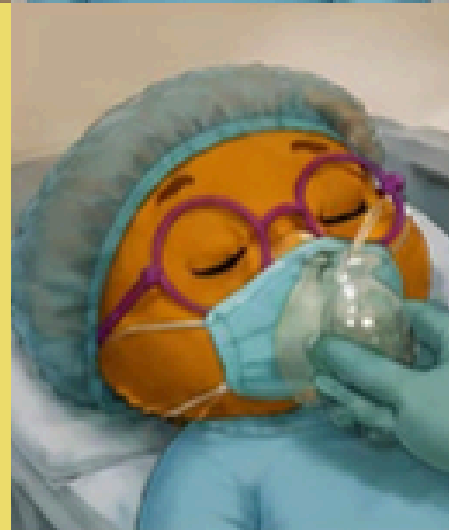
**"CAN YOU MAKE MY EYES
FEEL BETTER DOCTOR
TEDDY BEAR?" I ASK.**

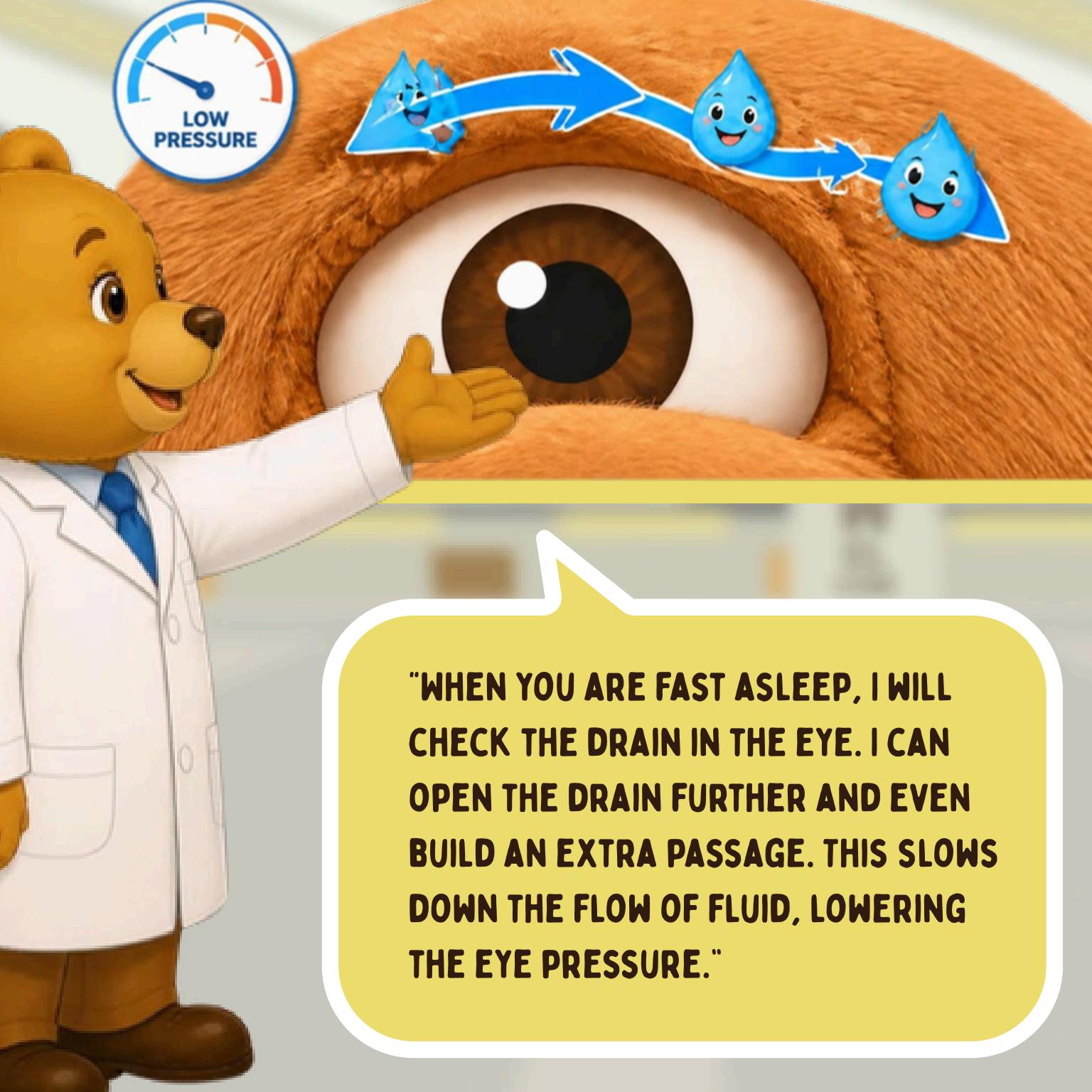
**"YES, PALOMA BEAR! THERE ARE
TWO WAYS THAT WE AS DOCTORS
CAN HELP. WE CAN GIVE EYE DROPS
OR DO SURGERY. SOMETIMES YOU
NEED BOTH TO HELP YOUR EYES."**





"SURGERY?! WHAT IS THAT?" I ASK, PUZZLED. "THIS IS WHEN I USE MY SKILLS AND SPECIAL TOOLS TO MAKE THE INSIDE OF YOUR EYE WORK BETTER." SAYS THE DOCTOR. "IF YOU NEED TO HAVE SURGERY, YOU WILL GO TO THE WARD. YOU WILL WEAR A SPECIAL GOWN AND A MASK. THE MASK GIVES YOU SLEEPY AIR THAT HELPS YOU FALL INTO A DEEP SLEEP, SO YOU DO NOT FEEL ANYTHING."





"WHEN YOU ARE FAST ASLEEP, I WILL CHECK THE DRAIN IN THE EYE. I CAN OPEN THE DRAIN FURTHER AND EVEN BUILD AN EXTRA PASSAGE. THIS SLOWS DOWN THE FLOW OF FLUID, LOWERING THE EYE PRESSURE."

"WHAT ABOUT DROPS?" I ASK. "THEY WORK SIMILARLY." SAYS THE DOCTOR. "THEY HELP TO DRAIN THE FLUID BETTER OR REDUCE THE AMOUNT OF FLUID THE EYE MAKES. EVEN THOUGH THERE ARE LOTS OF DROPS, THEY ALL DO THE SAME THING. "LET ME GUESS! I SAY. "THEY HELP LOWER THE PRESSURE?" "THAT IS CORRECT!" SAYS THE DOCTOR, WITH A SMILE!





THE DOCTOR HAS GIVEN ME EYE DROPS TO PUT IN EVERY DAY.

SINCE I AM NOT A BIG BEAR YET, MUMMY AND DADDY WILL PUT THEM IN FOR ME. AS I GET OLDER, I CAN LEARN TO DO THIS MYSELF.

"WILL THEY STING?" I ASK. "SOME CAN FEEL LIKE YOU HAVE SOAP IN YOUR EYES." SAYS THE DOCTOR. "DON'T WORRY THOUGH, THAT FEELING DOESN'T LAST FOR TOO LONG. BY USING THESE DROPS DAILY, YOUR EYES SHOULD START TO FEEL MUCH BETTER." "THAT WOULD MAKE ME A HAPPY BEAR INDEED!" I SAY, WITH A SMILE ON MY FACE!

**I AM BACK IN SIX WEEKS
FOR ANOTHER CHECK, COME
ALONG WITH ME THEN TOO?**

**MY NAME IS PALOMA BEAR. I
HAVE GLAUCOMA JUST LIKE YOU.**

**NOW THAT YOU KNOW WHAT YOUR
SPECIAL EYES DO. TELL YOUR
FRIENDS, TELL THE WORLD, TELL
THEM TO READ THIS BOOK TOO!**



WRITTEN BY ELLISHA SOLANKI

SPECIAL THANKS TO OLIVIA FOR INVENTING "PALOMA"
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