

**Viewpoint****Coffee Consumption And Glaucoma****Abinaya Sri C, Dr.A.N.Uma\***

School of Allied Health Sciences, Mahatma Gandhi Medical College &amp; Research Institute,

Sri Balaji Vidyapeeth, (Deemed to be University), Puducherry, 607402, India.

Glaucoma is a worldwide leading cause of irreversible blindness. The glaucoma is a group of progressive optic neuropathies characterized by degeneration of retinal ganglion cells and resulting changes in the optic nerve head. Loss of ganglion cells is related to the level of intraocular pressure, but other factors may also play a role. Glaucoma affects more than 70 million people worldwide. Global prevalence of glaucoma is 2% 40yrs of age and 10% over 80yrs of age. The estimated number of people with glaucoma is 60.5 million people in 2010, and increasing to 79.6 million by 2020. Coffee contains caffeine. Caffeine works by stimulating the central nervous system (CNS), heart, and muscles. Hence it is necessary to determine the association between coffee consumption and glaucoma. A systemically reviewed literature will help analyse the association between coffee consumption and glaucoma. Caffeine in the coffee cause transient elevation of IOP for nearly 90 minutes. The consumption of caffeine leads to an acute IOP rise in both those with glaucoma, and healthy population. Caffeine may also cause a short, but dramatic increase in blood pressure as it has vasoconstrictive effect which means that when caffeine is consumed, blood vessels become constricted, and blood pressure increases for a period of time. Patients with glaucoma should minimize or avoid coffee intake i.e., Avoidance of  $\geq 180$ mg of caffeine is recommended for the glaucoma patients. Patients with the strongest genetic predisposition to elevated IOP, greater caffeine consumption was associated with higher IOP and higher glaucoma prevalence.

**Keywords:** Caffeine elevated IOP, blood pressure.

**\*Address for correspondence:** Dr.AN Uma, Professor of Medical Genetics & Principal, School of Allied Health Sciences, Mahatma Gandhi Medical College & Research Institute, Sri Balaji Vidyapeeth, (Deemed to be University), Puducherry, 607402, India. Email id: [umaan@mgmcri.ac.in](mailto:umaan@mgmcri.ac.in)