



While adherence to therapy is undoubtedly important, at least equally important is the patient's adherence to a prescribed follow up schedule. Therapies can fail over time and missing follow up appointments can be particularly hazardous for fast progressors-practitioners should stress the importance of good follow up

The Science behind the Tip

Clinical trials have shown us average rates of progression and average ideal IOP readings for populations of patients but there is great variability in the natural history of glaucomatous disease which cannot be prospectively predicted with accuracy in an individual patient.

Studies suggest that adherence to follow up schedules may favorably impact the course of glaucomatous disease. Patients should not have a false sense of security that simply taking their medications will prevent their disease from progressing.

References

Ung C, Murakami Y, Zhang E, Alfaro T, Zhang M, Seider MI, Singh K, Lin SC. The Association Between Compliance With Recommended Follow-up and Glaucomatous Disease Severity in a County Hospital Population. *American Journal of Ophthalmology*. 2013 Aug; 156(2):362-369.

Ung C, Zhang E, Alfaro T, Murakami Y, Zhang M, Seider MI, Lin SC, Singh K. Glaucoma Severity and Medication Adherence in a County Hospital Population. *Ophthalmology*. 2013 Jun; 120(6):1150-7.