

Act Fast to Prevent Blindness from Acute Primary Angle Closure Attack (APACA)

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Understanding APACA: A Silent Threat with Sudden Impact

APACA occurs when there is an abrupt closure of the eye's aqueous humour drainage system, causing a rapid surge in intraocular pressure (IOP). This could lead to irreversible visual loss if immediate action is not taken. While APACA can affect anyone, incidence rates are significantly higher in East Asian populations compared to Caucasian populations. Prevalence studies indicate that **Asians are up to eight times more likely to suffer from APACA than Caucasians**. This is often due to specific anatomical eye structures, making APACA a major public health concern for the Asia-Pacific region.

Several risk factors are also associated with the development of APACA, including East-Asian ethnicity, female gender, a family history of angle closure glaucoma, anatomically susceptible eyes (including shallow anterior chambers and thicker lenses), and hyperopia (farsightedness). [If you have any of these risk factors, you may consider seeking advice from your eye doctor or family doctor. The more risk factors you have, the higher your risk could be.](#)

It is [also](#) crucial for the public to recognize the warning signs and symptoms of APACA. Patients typically present with a sudden onset of a red, painful eye, blurred vision, seeing rainbow-coloured halos around lights, headache, nausea, and vomiting. There may be identifiable triggering factors, such as the intake of certain medications (e.g., some flu medications, antihistamines, decongestants, or antidepressants).

Act Immediately: Every Moment Counts

Although APACA can strike suddenly and cause permanent blindness, prompt medical intervention can significantly enhance the prospects of successfully saving a patient's vision. Public awareness and patient education are critical so that affected individuals can seek immediate medical attention.

Ultimately, the power to prevent irreversible vision loss from APACA rests on a combination of public awareness and proactive medical care. The Asia-Pacific Glaucoma Society (APGS) is dedicated to enhancing public awareness and promoting timely intervention to safeguard sight across the Asia-Pacific region. To that end, a

consensus of senior doctors within the society is actively working to refine current treatment protocols, ensuring the most effective care is available. We strongly encourage all individuals, particularly those with known risk factors, to have regular comprehensive eye examinations, as this allows ophthalmologists to identify and treat at-risk individuals before an attack occurs, thereby saving sight.