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## Ischemic Optic Neuropathy

Ischemic optic neuropathy, a condition caused by restricted blood flow to the optic nerve, is the sudden loss of vision in one or sometimes both eyes. It primarily affects those over 40.

**Nonarteritic ischemic optic neuropathy (NAION)** is usually painless; it is caused by cardiovascular disease. The diagnosis is made by an ophthalmologist on clinical exam. Additional testing may include a visual field, photographs of the optic nerve or other imaging. If you have high cholesterol, high blood pressure, diabetes, or if you smoke, you are at higher risk of developing the condition. However, you can get NAION without any of these risk factors. Unfortunately, there is no treatment, and the central or peripheral (side) vision that you have lost cannot always be restored. However, treating the underlying causes of your cardiovascular disease can help prevent other complications of these systemic diseases.