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### **Physical Activity Not Linked to Glaucoma**



Photo courtesy of Ketut Subiyanto, pexels.com

Researchers analysed Fitbit data from more than 8,000 adults to see if daily activity levels, such as step counts or minutes spent lightly active, were associated with primary open-angle glaucoma. Across all analyses no meaningful link was found between physical activity and glaucoma diagnosis.

*Journal of Glaucoma, January 2026*