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A clinical survey of Pseudoexfoliation syndrome in Sulaimaniya city- Kurdistan Iraq

Ali A Taqi

University of Sulaimani, Iraq

Background: Pseudoexfoliation syndrome (PXF) is a well-known clinical condition associated with cataract and the more serious blinding secondary open angle glaucoma that lead silently if unilateral or asymmetrical to irreversible loss of vision as the condition will not have diagnosed and treated early, so our objective is to estimate the size of the problem, so we can plan to overcome the serious blinding outcome in the future

Study design and test sample: This work is a descriptive cross-sectional study of partially random sample.

Objectives: The main objectives are: 1-Assess the clinical condition frequency. 2-Assess associated complications as cataract and glaucoma (PXG).

Subjects & Methods: Partially selected elderly Kurds patients aged 55 years or above those who visited eye hospital for any reason, we enrolled 252 patients, 128 females and 124 male patients in the survey, Full slit lamp examination, visual acuity, refraction, funduscopy and intraocular pressure measurement by Applanation tonometer were done to the patients.

Results: Of total 252 patients examined, we report 73 patients (146 eyes) have the syndrome; this represents a frequency or relative prevalence of about 29%. 30 (44%) are females and 43 (56%) are males, so female to male ratio was about 2/3, of the affected 73 patients, 56 (76.7%) patients have the disease in both eyes (112 eyes) and 17 (23%) patients (34 eyes) of them was affected in one eye, of those affected 73 patients, 60 (82.2%) patient aged 65 years or above, 67(91.7%) of them were moderate to heavy smokers. 15 patients (20.5 %) have glaucoma and only 3 know that and already on anti-glaucoma therapy, 12 patients (80%) have glaucoma in one eye with variable loss of visual acuity and visual field and discovered for first time. Of the affected 73 patients, 60 patients (82.2%) have visual acuity equal or less than 3/60 at least in one eye of variable causes which regarded as legally blind. All 73 patients have cataract of variable maturity, 30 patients (60 eyes) bilaterally and 43 patients unilaterally (43 eyes), for 3 patients surgery done and the remaining 70 patients have variable cataract at least in one eye and they are candidates for surgery.

Conclusion: The syndrome is present in high percentage in elderly population, increasing with age and it is a bilateral disease although asymmetrical, it is associated with significant decrease in visual acuity by cataract formation or by glaucoma or both, treatment must be given early before permanent damage to the optic nerve.

ali.taqi@univsul.edu.iq