

# 17<sup>TH</sup> ASIA PACIFIC OPHTHALMOLOGISTS ANNUAL MEETING

September 17-18, 2018 Tokyo, Japan

## Prevalence of symptomatic dry eye and its risk factors among coastal population in eastern province of Saudi Arabia

Abdulrhman J Alharbi<sup>1</sup>, Nura A Alanazi<sup>2</sup>, Jinan R Alhamad<sup>3</sup>, Rana A Alabdulqader<sup>3</sup>, Dana A Aljamea<sup>3</sup>, Shahad A Alabdulqader<sup>3</sup> and Naganathan M<sup>4</sup>

<sup>1</sup>Qassim university, KSA

<sup>2</sup>Princess Nourah Bint Abdul Rhman, KSA

<sup>3</sup>Imam Abdulrahman Bin Faisal, KSA

<sup>4</sup>Nifty Eye Care, India

**Background:** The prevalence of dry eyes is estimated to be between 7.4% and 33.7% depending on the type of studies, its diagnostic test used, or geographic area studied. One of the important environmental risk factor in coastal areas is humidity with high temperature climate, as it will make people resort to air-conditioning leading to increasing of dry eye prevalence.

**Objectives:** The aim of our study was to estimate the prevalence of symptomatic dry eye and to assess the most frequent risk factors for dry eye among the coastal population of the eastern province of Saudi Arabia.

**Methods:** An observational cross-sectional study was conducted from April to June 2018 in coastal population of eastern province in Saudi Arabia. The range of target participant was between 6 and 40 years. A valid electronic questionnaire which is Ocular Surface Disease Index (OSDI) was used to assess dry eye symptoms. In addition, demographic profile was created and data about the risk factors were collected. All the questions were closed ended. Result: Out of 471 responses, 65.4% were female. Mean age 23.35(SD ±20.5) for male and 23.03(SD± 19.6) for female. We found out that the prevalence of symptomatic dry eye in the coastal population of eastern province is 62.4%. Most of participants considered to have severe dry eye which account to be 25.5%, followed by mild symptomatic dry eye that account to be 24.8%. Comparing OSDI with these factors: arthritis, diabetes, thyroid diseases, using Antidepressants drug and/or multivitamins supplements shown statistical significances differences. In addition, age and arthritis shows strong correlation with dry eye.

**Conclusion:** Dry eye is highly prevalent in the coastal population of the eastern province of Saudi Arabia. That clearly indicates that ophthalmologists, optometrists and general practitioners provide essential information about who to avoid dry eye.

abdulrhman426@hotmail.com