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Dry form of age-related macular degeneration associations with; systemic disorders

Amila Chandrasekera

Vision Care Optical Service Pvt Ltd, Sri Lanka

Introduction: Age-related macular degeneration (AMD) is an ocular condition results in loss of central vision. Two types of AMD are there - "Dry" and "Wet". Dry form- cellular debris (drusen) accumulates between the retina and choroid; Wet form -fragile blood vessels develops and bleeds beneath the retina, both causes' damages in retina.

Purpose: To understand the relationship between AMD and, Long-Term hypertension, Type-1 (juvenile) diabetes, Obesity, High low-density lipoprotein (LDL) cholesterol levels and family history of AMD and to compare the percentages of developing AMD in healthy population and patients with above factors.

Methods: Based on 3000 patients, 2012 January - 2014 March (6- months), Age range - 50-70 years. Analysis of -retinal photographs and MPOD values on Visucam 500, thickness of drusens with Optical Coherence Tomography-cirrus, History of blood pressure, fasting blood sugar parameters, body mass index were carried out for each patient. Patients were categorized into six groups & each contains 500 subjects. Hypertension >5years, diabetes >5years, high BMI >26.1 kg/m² >5years, high LDL cholesterol >190 mg/dL >5years, family history of reported AMD & healthy AMD was graded by, number of drusens >63 μm & MPOD levels as a mean of both eyes.

1st Stage - less than 5 macular drusens & Mpod level >0.13

2nd stage - 5-15 drusens & Mpod level >0.12

3rd stage - more than 15 drusens & Mpod level >0.10

Results: Study group present with 23.76% (1188pt's) of AMD subjects. AMD presentation in each groups shows; high BP -1st stage-19%, 2nd stage-33.4%, 3rd stage-18.6%, diabetes -1st stage-18%, 2nd stage-26.8%, 3rd stage-14.2%, high BMI - 1st stage-16%, 2nd stage-25.4%, 3rd stage-13.2%, high LDL cholesterol - 1st stage-18.2%, 2nd stage-17.8%, 3rd stage-17%, Family history of AMD - 1st stage-9.4%, 2nd stage-11.6%, 3rd stage-8.6%, Healthy- 1st stage-1.8%, 2nd stage-2.6%, 3rd stage-2.2%.

Conclusion: Population 50-70 yrs with above diseases is at a considerable risk of developing AMD compare to normal. Long term hypertension is shown as the highest risk group. 2nd stage contains more patients compare to others. A healthy lifestyle prevents the earlier manifestations of AMD.

Biography

Amila Sampath Chandrasekera, 24 years old, completed ophthalmic assistance certificate in 2011 from Vision Care Optical Services Academy and recently following a diploma in Optometry at same Institute. Presented oral and poster presentations in Academic Level and Poster presentation in Indian EIVOC Conference. Currently Working at Vision Care Optical Services PVT LTD head office at Sri Lanka.

emmysampath2@gmail.com

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