

RISK FACTORS OF SENILE CATARACT(2004)

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Introduction:

Visual impairment and blindness from cataract is an important public health problem through out the world. Presently in India there are 12 million blind people and 80.1% of blindness is attributed to cataract. This project aims at throwing light on the major risk factors contributing to the development of senile cataract in our study population.

Objective:

To study the risk factors of age related cataract in patients above 50 years admitted RIO, TVM for cataract surgery.

Methodology:

Study Design: Case control study.

Study Setting: Regional Institute of Ophthalmology.

Study Period: October 24th to December 15th, 2007.

Study Subjects:

Cases: Patients >50 years of age diagnosed to have cataract but slit lamp examination admitted in RIO for cataract surgery.

Controls: Individuals above 50 years of age with no significant lens opacities identified by using a bright light torch with no previous h/o cataract surgeries.

Results:

The individuals with risk of developing senile cataract were found to be >60 years of age, smokers, alcoholics and with a family history. The patients who took <5 glasses of water/day and having sunlight exposure >5 hrs/day and with Vitamin E and Vitamin C deficiency also had higher odds of developing senile cataract.

- age >60 years (odds = 4.135) CI = 1.961-8.719
 - smokers (odds = 2.554) CI 95% = 1.273 – 5.125
 - Family history (odds = 2.495) 95% CI = 1.223-5.087
 - Alcoholics (odds = 2.111) CI = 1.019 – 4.37
 - <5 glasses of water/day = (odds = 4.102) CI = 1.814 – 9.275
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