

EVALUATION OF RISK FACTORS IN PRIMARY OPEN ANGLE GLAUCOMA

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ABSTRACT

Background: The primary open angle glaucoma (POAG) is a multifactorial optic neuropathy; several characteristic atrophic changes were associated optic nerve for visual field defects. It manifests mainly as peripheral visual field loss with central vision being preserved almost till the end stages. By the time the patient is symptomatic and the disease is diagnosed, significant loss of the visual field has usually occurred and the visual loss is irreversible.

Aims: The main aim of this study is to determine systemic hypertension, diabetes mellitus, myopia, ocular hypertension are risk factors for developing primary open angle glaucoma.

Settings and Design: This prospective, cross-sectional study was conducted in the Department of Ophthalmology, PESIMSR, Kuppam.

Methods: The patients were considered for the study between the age group > 45 years, who presenting complaints OPD, Department of Ophthalmology. All patients were evaluated and assessed in order to the primary open angle glaucoma (POAG). Demographic profile and history of the patients were collected through pretested questionnaires. Collected data was analyzed by SAS-16.50 version.

Results: Older age (>62 years) was found to be the most significant factor of POAG. Family history of primary open angle glaucoma, diabetes systemic hypertension were statistically and significantly associated with POAG ($p < 0.001$). Myopia is negatively related for the incidence of POAG ($r = -0.63$).

Conclusions: Primary open angle glaucoma is very common in older age population, early diagnosis would be reduces the blindness in rural population

KEYWORDS: Primary Open Angle Glaucoma, Risk Factors, Glaucomatous Optic Neuropathy

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