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Effect of phacoemulsification on intraocular pressure control in primary open angle glaucoma

Elatta Kamal Osman Hassan Elatta

Omdurman Islamic University, Saudi Arabia

Introduction: Glaucoma and Cataract often coexist in the same eye. One of the accepted surgical options in patients with severe glaucoma and coexisting cataract is first to control the IOP with trabeculectomy and then extract the cataract several months later, or by cataract surgery alone when trabeculectomy is not indicated. Recently, primary lens extraction alone gained more acceptance.

Purpose: To review the current ophthalmic literature regarding the impact of modern cataract surgery on intraocular pressure (IOP).

Materials and Methods: Study design: Hospital based, retrospective study conducted from November 2014 to March 2015.

Study population: Patients who had phaco surgery for cataract with coexisting POAG.

Sample size: 50 patients were selected according to inclusion criteria.

Study area: MAKKAH EYE COMPLEX; specialized ophthalmology Center, well equipped and serves patients from all over Sudan, with sub specialized ophthalmic services. Sample selection obtained from only one clinic twice a week.

Results: There were 50 patients, 29 Males and 21 females (Fig 1), underwent uneventful phacoemulsification surgery, 26 right eyes and 24 left eyes, 22 % were diabetic. The mean preoperative IOP was 21.3 mmHg 4.8 SD, mean 1 week postoperative IOP 20.4 mmHg 4.3 SD (P – value 0.08), one month 20.1 mmHg 3.7 SD (P – value 0.04), and two months 19.6 mmHg (P – value 0.01). The mean IOP reduction was 0.8 to 1.7 mmHg (P = 0.00). The mean number of preoperative anti glaucoma topical medications 2.1 drugs 0.7 SD, one week postoperative 1.6 drugs 0.9 SD (P-value 0.008), one month 1.58 drugs 0.78 SD (P-value 0.003), two months 1.44 drugs 0.7 SD (P-value 0.000).

Conclusion: In conclusion phaco induces significant intraocular pressure reduction in the short postoperative period in glaucomatous patients. Phaco can be performed with intent of achieving better IOP control. Glaucomatous patients may get benefit from phaco by decreasing the amount of topical anti glaucoma medications.

alatta911@gmail.com

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