



Study of Prevalence of Dry Eyes

Authors

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Introduction

Screening of 120 patients done for dry eyes by schirmers test. Type of dry eyes was evaluated and significant results obtained.

Aim and Objectives

1. To study type of dry eye
2. To evaluate dryness of eye in different age groups excluding any systemic cause

Materials and Methods

Patients were divided in age group between 10-29yrs/30-39yrs/40-49yrs/50-59yr/ above 60yrs. Schirmers test was done in all patients to test for type for dryness.

Schirmers test

A small strip of filter paper was placed inside the lower eyelid (inferior fornix). Both eyes were tested simultaneously. The eyes were closed for 5 minutes. The paper was then removed and the amount of moisture was measured.

The results of schirmers test were read as

- 1) Normal which is ≥ 15 mm wetting of the paper after 5 minutes.
- 2) Mild which is 14-9 mm wetting of the paper after 5 minutes.

- 3) Moderate which is 8-4 mm wetting of the paper after 5 minutes.
- 4) Severe which is < 4 mm wetting of the paper after 5 minutes.

Observation and Results

After schirmers test following facts were observed

1. Sample size for Schirmers test

Age Group	No. of Eyes Tested
10-29	24
30-39	20
40-49	24
50-59	20
Above 60	32

2. Sample size according to sex

Age Group	Females	Males
10-29	8	16
30-39	8	12
40-49	6	18
50-59	6	14
Above 60	12	20

3. Results of schirmer's test obtained is as follows

Age Group	Normal	Dry Eyes
10-29	12	12
30-39	13	7
40-49	18	6
50-59	6	14
Above 60	12	20

4. Type of dry eyes in following age group

Age Group	Mild	Moderate	Severe
10-29	6	6	-
30-39	7	-	-
40-49	4	2	-
50-59	11	3	-
Above 60	15	5	-

5. Ratio of female to male predilection in dry eyes

Age Group	Female/Male Ratio
10-29	2/1
30-39	1/2
40-49	1/0
50-59	1/3
Above 60	4/1

Discussion

It was observed that

In age group between 10-29 yrs, out of 24 eyes, 12 patients had dry eyes.

In age group between 30-39 yrs, out of 20 eyes, 7 patients had dry eyes.

In age group between 40-49 yrs, out of 24 eyes, 6 patients had dry eyes.

In age group between 50-59 yrs, out of 20 eyes, 14 patients had dry eyes.

In age group above 60 years, out of 32 eyes, 20 patients had dry eyes.

It was found that dry eye was more common above age group 50 years.

It was obtained that Female/Male ratio was 1/3 in age group 50-59 yrs.

It was more in females in age group more than 60 yrs.

In age group between 10-29 yrs, mild dry eyes were found in 6 pts, moderate dry eyes were found in 6 pts, severe dry eyes were found in none.

In age group between 30-39yrs, mild dry eyes were found in 7 pts, moderate and severe dry eyes were found in none.

In age group between 40-49 yrs, mild dry eyes were found in 4 pts, moderate dry eyes were found in 2 pts, severe dry eyes were found in none.

In age group between 50-59 yrs, mild dry eyes were found in 11pts, moderate dry eyes were

found in 3 pts, severe dry eyes were found in none.

In age group above 60 yrs, mild dry eyes were found in 15pts, moderate dry eyes were found in 5 pts, severe dry eyes were found in none.

Conclusion

It is concluded that dry eyes is prevalent in 50% of people. It is more common in above 50yrs age group and above 60yrs it increases. Male predilection was more in 50-60 yrs of age group. While in above 60yrs age group female predilection was seen.

It is concluded that mild type of dry eye is more common in the population followed by moderate type in all age groups.

Reference

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