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FULL MYOPIC CORRECTION ON INTRA OCULAR PRESSURE (IOP) IN YOUNG PERSONS

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Purpose: To evaluate effects of full myopic correction on intra ocular pressure (IOP) in young persons.**Study Design:** Prospective observational clinical study. Place and duration of study: Department of Ophthalmology (LUMHS) from May' 2014 to May' 2016**Material & Methods:** Using independent simple random sample selection technique 65 patients (15-35 years) of either sex having simple spherical myopia -1.0 to -4.0 D, and IOP 14 to 20 mmHg, wearing glasses for the first time were enrolled for the study. After verbal/written consent initial refraction was done with auto-refractometer followed by subjective correction. IOP was measured with applanation tonometer. Best corrected visual acuity and back vertex distance was noted. Fully corrected prescription using duochrome test was given for full time wear. After one week, the refraction was reconfirmed with glasses, and IOP was measured immediately after removing the glasses. Follow up was done after one month and three months. Each time IOP was measured immediately after removing the glasses.**Results:** Out of 65 registered patients 52 completed three months follow up criteria of this study. Among these 52 patients reduction of IOP was observed in 45 (86.54%), and mean reduction of IOP was 2.8790 mmHg (16.7062%). In remaining 7 (13.46%) patients there was no or little response. Only 10 (19.23%) patients complained of eye strain, which was relieved after few days. After three months follow up data was processed on SPSS version 14.0 and p-value was 0.003 (< 0.05), which is quite significant.**Conclusion:** Myopia should not be under corrected in young persons, as full correction is more effective in restoring accommodation and reducing IOP than under correction.

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