

Prevalence of Pseudoexfoliation Syndrome in Erbil population: A hospital based study



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Introduction

Pseudoexfoliation (PEX) syndrome is a common ocular disorder of the elderly in many part of the world [1]. It is characterized by the deposition of a distinctive fibrillary material in the anterior segment of the eye. Histologically, this material has been found in and on the lens epithelium and capsule, pupillary margin, ciliary epithelium, iris pigment epithelium, iris stroma and blood vessels, and subconjunctival tissue.

Materials and Methods:

A hospital based study carried out at the department of ophthalmology, Erbil Teaching hospitals, Erbil, Iraq (Sept. 2007- Nov. 2009). A total 620 patients of 50 years and above were examined for evidence of and pseudoexfoliation those with the disease were subjected to further examinations including intraocular pressure measurement, gonioscopy and dilated fundus examination. Pseudoexfoliation was diagnosed clinically by the presence of typical pseudoexfoliative material at the pupillary border before dilatation or anterior lens capsule after pupil dilatation.

Results:

Out of 620 patients, 100 (16.1%) were found to be having pseudoexfoliation syndrome. The disease was unilateral in 42 cases and bilateral in 58. There were 67 males and 43 females with male to female ratio of 1.3:1. 23% of the subjects had high intraocular pressure. of the 100 patients with pseudoexfoliation syndrome, 94 patients had cataract.

Conclusion:

To the best of our knowledge, this is the 1st study conducted in Kurdistan/ North of Iraq region to determine the prevalence of pseudoexfoliation syndrome. It is a common disease in our population. A prevalence of 16.1% was identified in this hospital based study. The prevalence increased with advancing age. A high percentage of patients had high intraocular pressure.

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