

PATTERN OF DRY EYE IN POSTMENOPAUSAL WOMEN IN A TERTIARY CARE HOSPITAL IN JAMMU REGION.

Dr. Pallavi Sharma, Dr. Amit Sharma, Dr. Sanjay Kai

Abstract

Background: Dry eye is one of the most important causes of ocular morbidity. Postmenopausal women often present with dry eye symptoms. The purpose of this study is to assess the pattern of dry eye in post menopausal women attending ophthalmology OPD in GMCJammu.

Material and methods: A cross-sectional study was conducted on 200 patients attending ophthalmology OPD in GMCJammu from June 2018 to December 2018. After the detailed history, patients were subjected to complete ophthalmic examination, dry eye tests for example schirmer's test and tear film breakup time were done, for the assessment of dry eye.

Results: Out of the 200 patients, most commonly dry eye was seen in the age group 61 to 65 years and mostly in patients engaged in outdoor occupation.

Conclusion: If the symptoms are detected early, patients can be benefitted. The optimal care includes early detection and adequate use of lubricants in these patients.

Keywords:

dry eye Postmeopause shirmer's test tear film breakup time