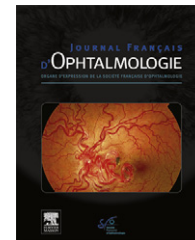




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SFO COMMUNICATION

Pseudoexfoliation syndrome in Congolese patients[☆]

Le syndrome de pseudoexfoliation capsulaire chez les patients congolais

D. Kaimbo Wa Kaimbo

Département d'ophtalmologie, université de Kinshasa, BP 16540, Kinshasa 1, RD Congo

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KEYWORDS

Pseudoexfoliation;
Frequency;
Cataract;
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DR Congo;
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Summary

Purpose. — To determine the frequency of pseudoexfoliation syndrome (PEX) in Congolese patients and its association with cataract and glaucoma.

Methods. — We performed a cross-sectional and descriptive analysis of the data from patients diagnosed with PEX. Data were collected between February 2005 and June 2008 in a general practice of ophthalmology in Kinshasa. Patients aged 50 or above who attended the general practice of ophthalmology were included in the study. Each patient underwent complete ophthalmic evaluation, including visual acuity testing, slit-lamp biomicroscopy, applanation tonometry, gonioscopy, and ophthalmoscopy. The diagnosis of PEX was based on presence of typical pseudoexfoliation material on the anterior lens surface and/or the pupillary margin in either or both eyes.

Results. — Of 2142 patients seen during the study period, 37 (59 eyes) had PEX in either eye, for a frequency of 1.73%. The mean ($\pm$ SD) age of the patients with PEX was 70.40 years $\pm$ 8 (range: 57–87 years). The frequency of PEX had a tendency to increase with age: 0.50% of patients aged 50–59 years had PEX, whereas 7.29% of those aged more or equal to 80 years were affected ($P < 0.0001$), with a female predominance (2.18% of women versus 1.22% of men, $P = 0.035$). PEX was bilateral in 22 (59.46%) of 37 patients (74.58% of eyes). Bilateral PEX was found more often in females (16 patients over 22, 72.72%) than in males (six patients over 15, 40%) ($P = 0.05$). PEX was significantly associated with cataract ($P = 0.002$) and glaucoma ($P < 0.001$).

Conclusion. — Despite the limitations inherent in a clinic-based study, this investigation provides an indication of the frequency of PEX in Central Africa. This shows that Congolese patients have a low frequency of PEX (1.73%), inferior to that of black people in South Africa

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E-mail address: dieudonne.kaimbo@yahoo.com.

MOTS CLÉS

Pseudoexfoliation
capsulaire ;
Prévalence ;
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Afrique Centrale

(12.1–16%). This study confirms that PEX is an age-related condition and is associated with cataract and glaucoma, as in other races.

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Résumé

But. — Déterminer la fréquence relative du syndrome de pseudoexfoliation capsulaire ainsi que son association à la cataracte et au glaucome chez les patients congolais.

Méthodes. — Étude transversale et descriptive des patients avec le diagnostic de pseudoexfoliation capsulaire dans une clinique d'ophtalmologie générale durant la période allant de février 2005 à juin 2008. Tous les patients d'âge égal ou supérieur à 50 ans ont été inclus dans la présente étude. Chaque patient a subi un examen ophtalmologique comprenant l'acuité visuelle, la réfraction, la biomicroscopie, l'aplanation, la gonioscopie ainsi que le fond d'œil dilaté. Le diagnostic de pseudoexfoliation capsulaire a été basé sur la présence du matériel typique de pseudoexfoliation à la biomicroscopie après dilatation.

Résultats. — Durant la période d'étude, 2142 patients âgés de 50 ans ou plus ont été examinés et 37 patients (59 yeux) ont présenté un diagnostic de pseudoexfoliation capsulaire ce qui donne une fréquence relative de 1,73 %. L'âge moyen des patients avec pseudoexfoliation a été de 70,40 ans $\pm$ 8 (limites, 57 à 87 ans). La répartition en fonction du sexe a été la suivante : 15 patients (40,5 %) de sexe masculin et 22 patients (59,5 %) de sexe féminin. La fréquence du syndrome de pseudoexfoliation capsulaire a montré une tendance à augmenter avec l'âge passant de 0,50 % dans le groupe d'âge de 50 à 59 ans à 7,29 % dans le groupe de plus de 80 ans ($p < 0,0001$). La fréquence du syndrome de pseudoexfoliation capsulaire a été plus élevée dans le sexe féminin (2,18 %) que dans le sexe masculin (1,22 % [$p = 0,035$]). L'atteinte bilatérale a été retrouvée chez 22 (59,46 %) des patients. Le syndrome a été significativement associé à la cataracte ($p = 0,002$) et au glaucome ($p < 0,001$).

Conclusion. — Cette étude bien qu'hospitalière donne la fréquence de ce syndrome dans cette partie du monde. Cette fréquence est inférieure à celle trouvée chez les noirs Bantous d'Afrique du Sud. Cette étude montre également que le syndrome de pseudoexfoliation capsulaire est trouvé dans toutes les races et confirme les données de la littérature quant à la fréquence et aux caractéristiques cliniques.

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Introduction

Pseudoexfoliation syndrome (PEX) is an age-related condition characterized by a progressive and pathologic accumulation of polymorphic fibrillar material, including elastic fibrils, in the anterior segment of the eye [1,2]. It was first described by a Finnish ophthalmologist, Lindberg, in 1917 [3] and occurs in most races and countries; its prevalence is known to be high and common in many countries [4–7], particularly in Norway and in the Eastern European and Mediterranean countries. It is rare in American Negroes and in Negroes in the West Indies [8], and has not been reported in Negroes elsewhere outside South Africa [9–11].

Epidemiologic studies of PEX in populations of Central Africa are still lacking and there are no available data of PEX for Congolese people, accounting for about 60 million people. The aim of this clinic-based study was to estimate the frequency of PEX and assess whether PEX is significantly associated with cataract and glaucoma in Congolese patients.

Patients and methods

This study was a cross-sectional and descriptive study conducted in an outpatient clinic, a general practice of

ophthalmology in Kinshasa, between February 2005 and June 2008. All the patients who were 50 years of age or older presenting to the general practice of ophthalmology were included in this study. Patients underwent a complete ophthalmic evaluation, included best corrected visual acuity, slit lamp biomicroscopy, Goldmann applanation tonometry, and gonioscopy. Repeat slit lamp examination after dilation was performed to look for pseudoexfoliative material. The study was conducted in accordance with the Declaration of Helsinki and verbal informed consent was obtained from all patients.

The diagnosis of PEX was based on slit lamp biomicroscopy by the presence of typical white, fluty material in the pupillary margin before dilation, on the anterior lens surface after dilation [1,12]. Phakic eyes with nuclear sclerosis, posterior subcapsular cataract, cortical or combination cataract were considered cataractous. Eyes with IOP greater than 21 mmHg with glaucomatous optic disc damage and/or any characteristic visual field defect and eyes with filtration surgery or use of antiglaucoma eyedrops were considered glaucomatous.

Statistical analysis

Chi² tests or Fisher exact test, as appropriate, were calculated to test for significance of a relation between dichotomous variables. Student's *t* test was used to compare between means or ordered variables. Characteristics of

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