

# Prevalance of Customary Habits and Lifestyle Related Systemic Disorders Among Newly Diagnosed Glaucoma Patients

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## Background

Pathogenesis of glaucomatous optic neuropathy has several established and suspected risk factors. Some of these risk factors may be related to individual's habits and lifestyle, both of which have social and cultural influences.



Certain habits like doing yoga, drinking large quantity of water in morning are common in India.

## Aim

To study prevalence of local customary habits and lifestyle related systemic disorders and their relationship to glaucoma.

## Methodology

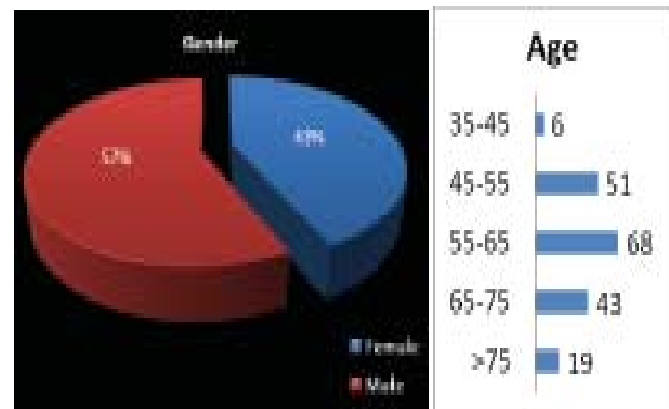
The retrospective review of these case charts of primary open angle glaucoma (POAG) patients or ocular hypertension (OHT), diagnosed between August 2014 and January 2015, was done. Diagnosis of POAG was based on presence of typical glaucomatous changes in optic nerve head with corresponding visual field defects. Ocular hypertension was diagnosed on basis of pachymetry adjusted intra-ocular pressure outside normal range (10-21 mm Hg).

Prevalence of customary habits -drinking large quantity of water (>300ml) in one go, doing specific type

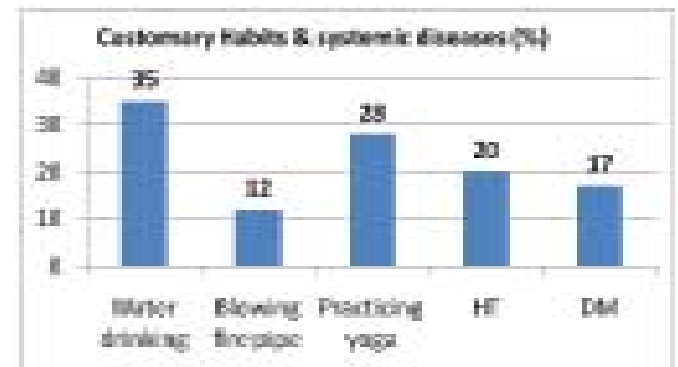
of yoga or using wind blowing fire pipe; and lifestyle related systemic disorder- diabetes mellitus and hypertension was studied.

Relationship between these variables and ocular biometric parameters related to glaucoma such as intraocular pressure (IOP), and central corneal thickness (CCT) was evaluated.

## Results



Mean age 59±9

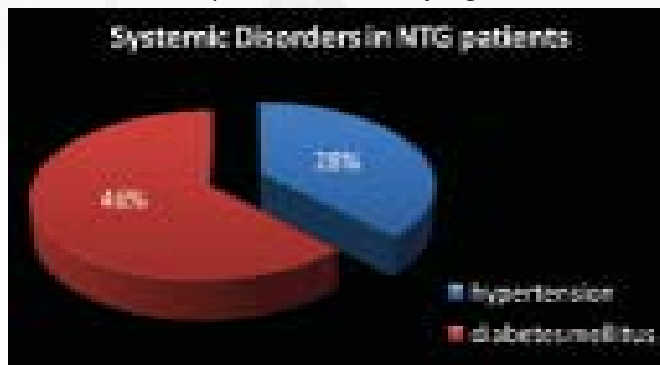


95% CI 28-41 7-16 22-34 14-26 12-22

	Mean IOP (mm Hg)	P value*
Study Cohort	28.80±8.61	
No customary Habit	25.0±6.9	
Water Drinking	32.17±4.23	<0.05
Fire pipe blower	26.22±3	0.07
Yoga	29.54±6.10	<0.05

\*Multivariate regression

Mean CCT : 509 µm; no statistically significant relation



### Conclusion

Habit of drinking large quantity of water was associated with higher IOP. Prevalence of systemic disorders was found in significant number of patients. In diseases like POAG, which are affected by hemodynamic equilibrium customary habits and lifestyle diseases may have a role in pathogenesis or progression. Knowledge of these variables may help in disease management.

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