# Assessment of Risk factors of Age Related Macular Degeneration attending a tertiary care hospital in Assam, India.

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**Background:** To study the risk factors and compare their patterns in relation to ARMD in patients above 50 years attending Department of Ophthalmology, AMCH.

**Methodology:** 63 cases and 63 controls were enrolled in this case control study. These were subjected to a questionnaire based on the important potential risk factors and their association was calculated using Chi Square test..

**Results:** Hypertension, current tobacco consumption, alchohol consumption, previous cataract surgeris and high BMI were found to be statistically significant risk factors.

**Conclusion:** This case control study confirms some of the risk factors previously identified and may contribute to their proper understanding in an effort to halt it's development and progression.

**Keywords:** Age-related macular degeneration, drusen, fundus fluorescein angiography, optical coherence tomography

**Biography:** Dr. Raisa Tandon has completed her MBBS at the age of 23 years from Sarojini Naidu Medical College, Agra, Indian and postgraduation in MS Ophthalmology from Assam Medical College and Hospital, Dibrugarh, Assam, India. She has received several gold medals in her career .

**Introduction:** Age-related macular degeneration (AMD) is a disease of the elderly that leads to irreversible loss of vision. It is the third most common cause of blindness worldwide.[1] AMD results in severe loss of central vision in advanced stages. With increase in life expectancy, the incidence of AMD will also increase.[2] AMD accounts for 8.7% of global visual disability.[1,3] Prevalence of AMD in India ranges from 1.8% to 4.7%.[1] According to Age-Related Eye Disease Study classification, early stage includes soft drusen and pigmentary abnormalities of retinal pigment epithelium(RPE), whereas late stage includes geographic atrophy, choroidal neovascularization (CNV), pigment epithelial detachment (PED), and fibrous scarring of macula. Geographic atrophy is a feature of dry AMD, and the wet AMD consist of choroidal neovascularization, PED, and disciform scar. According to the international age-related maculopathy epidemiological study group, AMD is classified as early AMD which is characterized by medium or large drusen and RPE hyperpigmentation, whereas advanced AMD is characterized by geographic atrophy and CNV.[4,5] The various known-risk factors are age, smoking, obesity, alcohol consumption, diabetes, hypertension, cardiovascular diseases, previous cataract surgery, and family history. With the introduction of new and effective treatments for AMD, there is a strong need for early identification of persons at high risk of progression to the late stages, as timely treatment at the onset of disease will lead to better visual prognosis.

Hence, the purpose of our study was to find the occurrence and associated risk factors of AMD.

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