

## A CLINICAL STUDY ON LENS INDUCED GLAUCOMA AND ITS VISUAL OUTCOME IN PATIENTS VISITING RIMS, SRIKAKULAM

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**ABSTRACT: AIM:** To Evaluate sex predominance, prevalence of different types of lens induced Glaucomas and its visual outcomes in patients visiting rims, srikakulam. **MATERIAL AND METHODS:** This prospective study was conducted in Ophthalmology department of Rajiv Gandhi Institute of Medical Sciences, Srikakulam, Andhra Pradesh from October 2014 to June 2015. 37 Patients visiting the Hospital with classical symptoms of Lens induced Glaucoma were taken into study. First all these patients underwent a thorough ocular examination using Slit lamp biomicroscopy, Schiottz tonometry and Applanation tonometer. These patients were operated after explaining the possible prognosis, by Small Incision Cataract Surgery with PCIOL implantation. Also a peripheral Iridectomy was performed to all the patients. Post operatively immense care was taken to prevent posterior synechiae formation using short acting Cycloplegics. During follow up a detailed Ocular examination was done including Refraction using snellens chart and IOP measurement using Schiottz tonometer and applanation tomometer. All the results were entered in Computer and evaluated. **RESULTS:** A Total of 37 patients were taken into this study in which 14(37.84%) were male patients and 23(62.16%) were Female. Among different LIG patients maximum patients had Phacomorphic Glaucoma accounting 67.57% (25 patients) and Phacolytic Glaucoma 29.73%. Intra Ocular pressure was measured on admission before any medication and noted. Highest percentage was among 30-39mmHg (37.84%) followed by 40-49mmHg (32.43%) and 50-59mmHg (16.22%). After surgery during discharge all those patients were measured again for IOP and noted. Highest patients were between 10-19mmHg (78.38%). Rest were <10(10.8%). Similarly Visual acuity on admission, highest patients were seen in Hand movements positive (37.84%) followed by Perception of Light positive (29.73%). Even No PL were also seen (16.22%) in higher proportion. On the day of follow up after 2 weeks of surgery, maximum patients were seen between 6/12-6/18(35.14%) followed by 6/24-6/36 (21.6%) and 6/6-6/9 (18.9%). **CONCLUSION:** LIG is an important vision-threatening disease presenting as a painful red eye. It is remaining as one of the important cause of Blindness not only because of Senile cataract but even after cataract surgery due to Glaucoma caused by neglected cataractous lens. Even after advanced surgical techniques being invented in recent decades and immense efforts of National Programme of Control of Blindness, Lack of awareness among especially Rural population of India is causing them to remain with cataractous lens for a prolonged period. So necessary steps should be taken to health educate especially Rural population of India, the importance of timely surgery for better visual outcome and the dangers of poor visual result if cataract surgery is delayed.

**KEYWORDS:** Lens-induced glaucoma, Cataract, Phacomorphic glaucoma, Phacolytic glaucoma, SICS, PCIOL, Prevalence, Visual outcome, Srikakulam.

**INTRODUCTION:** India being a developing country, causes of Blindness in India will be different than developed countries. There are 10million (37 million in world) blind people in India today in which

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80 percent if taken care in time, completely preventable. Cataract in India is the most important cause of preventable blindness accounting to 63.7 percent.<sup>[1]</sup> Refractive errors and Glaucoma being the second and third respectively.

Lens-induced glaucoma (LIG) was first described in the year 1900 by Gifford<sup>[2]</sup> and von Reuss<sup>[3]</sup> independent of each other. Later many other researchers did research on such type of cases<sup>[4-6]</sup> and named it differently. At present all those conditions are termed as Lens Induced Glaucoma (LIG) which includes many types of secondary Glaucoma in which Phacomorphic accounts most of cases followed by phacolytic Glaucoma.

LIG is a clinical condition characterised by (i) a violent secondary glaucoma (Resembling acute angle closure glaucoma) in one eye with senile mature cataract, hyper mature senile cataract (Rarely immature senile cataract) yet with an open angle, (ii) normal intraocular pressure and open angle in other eye, and (iii) a prompt relief of symptoms and restoration of vision after cataract extraction in the effected eye.<sup>[7]</sup>

LIG is most common in India and in other developing countries due to delay in cataract removal.<sup>[8,9]</sup> Normally cataract occurs when normal crystalline lens loose its transparency due to ageing process. When left untreated it swells due to osmotic effect of degenerated lens proteins. In phacomorphic glaucoma, the swollen lens may block the anterior flow of the aqueous humor from the posterior chamber pushing the iris forward. Eventually, the trabecular meshwork gets blocked by the iris and leads to a sudden and extreme rise in IOP.

Whereas Phacolytic glaucoma is a principal complication of hypermature cataract. Hypermature cataract may cause leakage of lens protein from an intact capsule. The lens protein causes intense inflammation and blockage of trabecular meshwork, subsequently responsible for elevation of IOP.<sup>[10]</sup>

Currently these cases are treated with cataract extraction by SICS (Small incision cataract surgery) and PCIOL is implanted. This study focuses on prevalence and visual outcome after cataract surgery, in different LIG cases in patients visiting Rajiv Gandhi Institute of Medical Sciences, Srikakulam, Andhra Pradesh.

**MATERIAL AND METHODS:** This prospective study was conducted in Ophthalmology department of Rajiv Gandhi Institute of Medical Sciences, Srikakulam, Andhra Pradesh from October 2014 to June 2015. 37 Patients visiting the Hospital with classical symptoms of Lens induced Glaucoma were taken into study. The diagnosis of phacomorphic glaucoma was based on the presence of the classical signs and symptoms such as pain and redness, shallow anterior chamber (AC), cornea oedema and increased IOP with intumescent lens. Phacolytic glaucoma was diagnosed clinically based on the presence of the hyper mature cataract with intact capsule, presence of lens protein and flare in AC.

First all these patients underwent a thorough ocular examination using Slit lamp biomicroscopy, Schiottz tonometry and Applanation tonometer.

Patients were made ready for operation by giving IV Mannitol and oral T. Diamox. Even Timolol drops were put. And IV mannitol was repeated just before the surgery. These patients were Operated after explaining the possible prognosis, by Small Incision Cataract Surgery with PCIOL implantation. Also a peripheral Iridectomy was performed to all the patients. Post operatively immense care was taken to prevent posterior synechiae formation using short acting Cycloplegics. During follow up a detailed Ocular examination was done including Refraction using snellens chart

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and IOP measurement using Schiottz tonometer and applanation tomometer. All the results were entered in Computer and evaluated.

**RESULTS:** A Total of 37 patients were taken into this study in which 14(37.84%) were male patients and 23(62.16%) were Female. Among these maximum patients were from age group 61 to 70 years (64.86%) followed by 71-80 years (24.32%). Even 51-60 years had 3 patients (8.1%). There was a Female dominance seen in number of patients with LIG as compared to male population.

Age in Years	Male		Female		Total	
	Numbers	%	Numbers	%	Numbers	%
51-60	2	5.4%	1	2.7%	3	8.1%
61-70	8	21.6%	16	43.24%	24	64.86%
71-80	4	10.8%	5	13.5%	9	24.32%
More than 80	0	0	1	2.7%	1	2.7%
<b>Total</b>	<b>14</b>	<b>37.84%</b>	<b>23</b>	<b>62.16%</b>	<b>37</b>	<b>100%</b>

Table 1

Among different LIG patients maximum patients had Phacomorphic Glaucoma accounting 67.57% (25 patients). Phacolytic Glaucoma was present in 11 patients which accounted 29.73%. Subluxated Glaucoma was seen in 1 patient in our study (2.7%) and phacoanaphylactic Glaucoma was not seen in our study.

Types of LIG	Numbers	%
Phacomorphic Glaucoma	25	67.57%
Phacolytic Glaucoma	11	29.73%
Subluxated Glaucoma	1	2.7%
Phacoanaphylactic Glaucoma	0	0
<b>Total</b>	<b>37</b>	<b>100%</b>

Table 2

Other eye of the patients was without any Glaucomatous changes or pressure. Pseudophakic were seen in 8 patients (21.63%), mature cataract was seen in 4 patients (10.8%) and Immature cataract was seen in 25 patients (67.57%).

Status of the Fellow Eye	Number	%
Pseudophakic	8	21.63%
Mature cataract	4	10.8%
Immature cataract	25	67.57%
<b>Total</b>	<b>37</b>	<b>100%</b>

Table 3

Intra Ocular pressure was measured on admission before any medication and noted. Highest percentage was among 30-39mmHg (37.84%) followed by 40-49mmHg (32.43%) and 50-59mmHg (16.22%). These pressure were considerably high and needed immediate intervention.

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After surgery during discharge all those patients were measured again for IOP and noted. Highest patients were between 10-19mmHg (78.38%). Rest were <10(10.8%) and 20-29mmHg (8.11%) making it clear that eyes were out of danger.

IOP in mmHg	On Admission	%	After Surgery on discharge	%
<10	-	-	4	10.8%
10-19	-	-	29	78.38%
20-29	2	5.4%	3	8.11%
30-39	14	37.84%	1	2.71%
40-49	12	32.43%	-	-
50-59	6	16.22%	-	-
>60	3	8.1%	-	-
<b>Total</b>	<b>37</b>	<b>100%</b>	<b>37</b>	<b>100%</b>

Table 4

Similarly Visual acuity were measured at three intervals using Snellens Chart and readings were noted.

On admission, highest patients were seen in Hand movements positive (37.84%) followed by Perception of Light positive (29.73%). Even No PL were also seen (16.22%) in higher proportion.

On the day of Discharge, highest patients (37.84%) were seen in 6/24-6/36 visual acuity followed by 6/60-1/60(18.93%). 6/12-6/18 was noted in 13.51%.

On the day of follow up after 2 weeks of surgery, maximum patients were seen between 6/12-6/18 (35.14%) followed by 6/24-6/36 (21.6%) and 6/6-6/9 (18.9%). These details clearly indicates there is a complete improvement of visual acuity without any medication and by just removal of cataractous lens.

Visual Acuity	On Admission	On Discharge	2 Weeks post Operation
6/6 – 6/9	-	1(2.7%)	7(18.9%)
6/12 – 6/18	-	5(13.51%)	13(35.14%)
6/24 – 6/36	2(5.4%)	14(37.84%)	8(21.6%)
6/60 – 1/60	2(5.4%)	7(18.93%)	2(5.4%)
CF at ½ M	2(5.4%)	2(5.4%)	-
HM	14(37.84%)	2(5.4%)	1(2.7%)
PL	11(29.74%)	-	-
NPL	6(16.22%)	6(16.22%)	6(16.22%)
<b>Total</b>	<b>37</b>	<b>37</b>	<b>37</b>

Table 5

**DISCUSSION:** Lens induced Glaucoma is common in india due to the fact that, In spite of easy availability of surgical facilities with concerted efforts of the National Programme for Control of Blindness (NPCB), NGOs, government agencies, and private practitioners, cataract surgery being a very cost effective and rewarding surgery, still many people are becoming blind due to lack of

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awareness about significance of early management. Illiterate, older, and rural population are the worst affected.<sup>[10]</sup>

In our study A Total of 37 patients were taken into this study in which 14(37.84%) were male patients and 23(62.16%) were Female. This female dominance was also seen in study conducted by Dr. Venkatesh Prajna et al.<sup>[11]</sup> Even some more studies Raghunandan Kothari et al.<sup>[12]</sup> Rijal AP et al Nepal.<sup>[13]</sup> Reason for these can be the Socio-economical and Gender based constraints present in especially Rural India. Also another reason being cataract more common in female than male population in our country.<sup>[11]</sup>

In our study among all types of Glaucomas, highest was seen Phacomorphic Glaucoma accounting 67.57% (25 patients). Phacolytic Glaucoma was present in 11 patients which accounted 29.73%. Subluxated Glaucoma was seen in 1 patient in our study (2.7%). Similar findings were seen by V Prajna et al.<sup>[11]</sup> And Raghunandan Kothari et al.<sup>[12]</sup> It was also noted that phacolytic Glaucoma was seen more in advanced age as compared to phacomorphic Glaucoma. These Similar findings were seen in Jedziniak JA et al<sup>[14]</sup> and Spector A et al.<sup>[15]</sup> reason for these can be accumulation of high molecular weight molecules in lens as the time progresses.

Intra Ocular pressure was measured on admission before any medication and noted. Highest percentage was among 30-39mmHg (37.84%) followed by 40-49mmHg (32.43%) and 50-59 mmHg (16.22%). These pressure were considerably high and needed immediate intervention.

After surgery during discharge all those patients were measured again for IOP and noted. Highest patients were between 10-19mmHg (78.38%). Rest were <10(10.8%) and 20-29 mmHg (8.11%) making it clear that eyes were out of danger. This Drastic fall in IOP was only due to fact that cause for the Glaucoma was Lens induced swelling and elimination of cause, brought the IOP back to normal. Same Findings were seen in studies conducted by Yaakub et al,<sup>[16]</sup> Raghunandan Kothari et al,<sup>[12]</sup> Rijal AP et al.<sup>[13]</sup>

Similarly Visual acuity were measured at three intervals using Snellens Chart and readings were noted. On admission, highest patients were seen in Hand movements positive (37.84%) followed by Perception of Light positive (29.73%). Even No PL were also seen (16.22%) in higher proportion.

On the day of Discharge, highest patients (37.84%) were seen in 6/24-6/36 visual acuity followed by 6/60-1/60 (18.93%). 6/12-6/18 was noted in 13.51%.

On the day of follow up after 2 weeks of surgery, maximum patients were seen between 6/12-6/18 (35.14%) followed by 6/24-6/36 (21.6%) and 6/6-6/9 (18.9%).

Here we could see a drastic shift of visual acuity from major hand movements and perception of light positive to 6/12-1/60 during the day of discharge. When the patients came back for follow up on 2<sup>nd</sup> week post-operative day there was again improvement of major patient population 6/6-6/36. These changes clearly indicates that cause of Blindness was lens induced and when the cause was eliminated, there was a drastic improvement in the vision. With appropriate IOL implantation majority of patients remained in 6/12-6/18 vision.

There was 16.22% of patients who had no perception of light during admission remained there only even after the surgery. This was the group where time lag between development of symptoms of pain/redness and reporting for treatment was the longest. So the long standing Glaucoma caused permanent damage to their Optic nerve. Similar findings were seen in studies conducted by Venkatesh Prajna et al,<sup>[11]</sup> Rijal Ap et al<sup>[13]</sup> and Yaakub et al<sup>[16]</sup> from malaysia.

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In the study by Venkatesh Prajna 59% of patients had visual outcome 6/18 or better. Study by Yaakub et al, a study conducted in Malaysia, visual outcome 6/18 or better was 57.9%.

**CONCLUSION:** LIG is an important vision-threatening disease presenting as a painful red eye. It is remaining as one of the important cause of Blindness not only because of Senile cataract but even after cataract surgery due to Glaucoma caused by neglected cataractous lens. A phacomorphic lens disease secondary to a neglected senile cataract is the major cause of LIG.

Even after advanced surgical techniques being invented in recent decades and immense efforts of National Programme of Control of Blindness, Lack of awareness among especially Rural population of India is causing them to remain with cataractous lens for a prolonged period. So necessary steps should be taken to health educate especially Rural population of India, the importance of timely surgery for better visual outcome and the dangers of poor visual result if cataract surgery is delayed.

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