Keratoconus. Its prevalence and severity in spring catarrh patients. A Perspective study.

Mohammad Alam¹, Lal Mohammad²

ABSTRACT... Objectives: To find out the prevalence and severity of keratoconus in spring catarrh patients. Study Design: Descriptive and Perspective study. Setting: OPD K.D.A Teaching Hospital Kohat. Period: March 2017 to October 2019. Material & Methods: All patients suffering from spring catarrh were included in the study after consent. Proper proforma was designed for record. Detail history was taken and for diagnosis all the patients were properly examined with slit lamp. Visual acuity was checked. Radioscopy for irregular scissor reflex and fundoscopy for oil droplet sign for keratoconus was carried out. Keratometry was done to determine the astigmatism and severity of keratoconus Grading of keratoconus was done by the highest axis of corneal power on keratometry as mild (< 48 D), moderate (48-54 D) and severe (> 54 D). Suspected cases were advised corneal topography. Total 480 patients were included in the study. Out of these 480 patients 295 (61.45%) were male and 185 (38.54%) female. The age range of patients was 9 to 37 years. Results: Out of 480 patients, 47(9.79%) patients had keratoconus in which 36(76.59%) were male and 11(23.40%) were female. Out of 47 patients 19 (40.42%) had mild, 22(46.80%) had moderate and 6(12.76%) patients had severe keratoconus. Conclusion: Keratoconus has strong association with spring catarrh. Kew words: Fundoscopy, Keratoconus, Keratometry, Spring Catarrh Patients.

INTRODUCTION

Spring catarrh is allergy mediated ocular disease with seasonal exacerbations. It is more in children and young adults. It is more prevalent in hot, dry climate region as compared to cold areas.¹ Spring catarrh induces severe ocular complications associated with its evaluation and treatment. Longstanding disease has strong association with vision threatening corneal complications in the form of keratoconus.² Keratoconus is thought to be a non inflammatory degenerative corneal disorder that results in thinning with axial protrusion eventually leading to conical shape cornea.³ Recent research demonstrates that imbalance between pro and anti-inflammatory cytokines released leads to corneal structure changes, triggering apoptosis of keratocytes and metalloprotienases are responsible for the corneal thinning changes.⁴,⁵ Keratoconus in pediatric patients is more progressive as compared to adults with devastating complications.⁶,⁷ It can be easily diagnosed on slit lamp in moderate and advanced stages. In early stages corneal topography is needed for diagnosis.⁸,⁹ Criteria for diagnosis of keratoconus is multiple, depending upon decentration of corneal apex, at 6 o’clock semi-meridian, roud cone shaped tangential map, keratometric reading exceeding 45 D, corneal thinning and nonsymmetrical corneal topography pattern.¹⁰ Population-based research studies report prevalence of keratoconus ranging from 0.0003% to 2.3%.¹¹,¹² Atu Gupta, S.Saravanthi have reported prevalence of keratoconus in 7% patients suffering from spring catarrh.¹³ Yuksel Totan, Ibraheem Feyzi Hepra have reported 26.8% prevalence of keratoconus in patients of spring catarrh.¹⁴

Our study is based on the prevalence of keratoconus and its severity in spring catarrh
MATERIAL & METHODS
This descriptive and perspective study was conducted on spring catarrh patients examined in Eye OPD KDA Teaching Hospital Kohat from March 2017 to October 2019. All patients suffering from spring catarrh were included in the study after consent. Proper proforma was designed for record. Proper history was taken from all patients. For diagnosis of spring catarrh and keratonus all the patients were properly examined with slit lamp. Visual acuity was checked. Retinoscopy for irregular scissor reflex and distant fundoscopy for oil droplet sign was carried out for keratonus. Keratometry was done to know the astigmatism and severity of keratoconus. 23 suspected cases of keratoconus were advised corneal topography in which 6 cases were declared as having mild keratoconus. Grading of keratoconus was done by the highest axis of corneal power on keratometry as mild (< 48 Diopter), moderate (48-54 Diopter) and severe (> 54 Diopter). Total 480 patients were included in the study. Out of these 480 patients 295 (61.45%) were male and 185(38.54%) female (Table-I). The age range of patients was 9 to 37 years.

RESULTS
Out of 480 patients, 47(9.79%) patients had keratoconus in which 36(76.59%) were male and 11(23.40%) were female (Table-II). Out of 47 patients 19 (40.42%) had mild, 22(46.80%) had moderate and 6(12.76%) patients had severe keratoconus (Table-III).

<table>
<thead>
<tr>
<th>Gender</th>
<th>Number of Patients (%)</th>
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<tbody>
<tr>
<td>Male</td>
<td>295 (61.45%)</td>
</tr>
<tr>
<td>Female</td>
<td>185 (38.54%)</td>
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Table-I. Gender distribution. Number of patients: 480.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Number of Patients (%)</th>
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<tbody>
<tr>
<td>Mild</td>
<td>19 (40.42%)</td>
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<tr>
<td>Moderate</td>
<td>22 (46.80%)</td>
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<tr>
<td>Severe</td>
<td>6 (12.76%)</td>
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Table-III. Grade of keratoconus.

DISCUSSION
Spring Catarrh is not only allergic ocular disease but it is associated with severe ocular complications resulting in blindness. Its clinical features are exacerbated in summer and get lessened in winter. Prevalence of spring catarrh is more in hot climate. The disease is more prevalent in Mediterranean region. Farouk et al have reported spring catarrh is the second more prevalent ocular disease after refractive error. Keratoconus is one of the important associated complication of spring catarrh. Our study has noted keratoconus in 9.79% patients suffering spring catarrh out of which 40.42% were mild, 46.80% had moderate grade while 12.76% had severe grade keratoconus. More national and international studies have been carried out on this issue. Khan M.D, Kundi N, Saeed N have reported keratoconus in 7% patients while Sultan S, Taqi U et al have reported it in 8% patients suffering from spring catarrh. Shafique I, Sheikh Z.A etal have reported keratoconus in 0.5% spring catarrh affected patients. Variations in result data may be due to climate changes, sample size and presentation stage of patients. However from all literature it has been concluded that disease is more prevalent in childhood and keratoconus is the definitely associated complication.

Khalid. F. Tabbara in research study has reported severe visual loss in spring catarrh patients in which in 9% it was due to keratoconus. Keratoconus has been reported in 15% patients in large population based studies in patients suffering from spring catarrh. Bangal, S, Bankar. M, Sharma. A have documented keratoconus in 1% spring catarrh patients. Naqpal. H, Ravi .N have reported keratoconus with mixed complications in 6% spring catarrh patients. Lapid-Gortzak et al have reported abnormal corneal topography pattern in patients suffering from spring catarrh consistent with keratoconus. National and international studies with literature review support the association of keratoconus with spring catarrh. Variability in results as already mentioned are mainly due to climate geography issue, sample size and stage of disease.
CONCLUSION
Keratoconus has strong association with spring catarrh patients. Therefore all spring catarrh patients must be investigated for keratoconus and its management.

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REFERENCES

AUTHORSHIP AND CONTRIBUTION DECLARATION

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<th>No.</th>
<th>Author(s) Full Name</th>
<th>Contribution to the paper</th>
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<tr>
<td>1</td>
<td>Mohammad Alam</td>
<td>Principal Author</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Lal Mohammad</td>
<td>Co-Author</td>
<td></td>
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