

Behavior and health awareness to prevent cataract disease after eye disease camp in the village 31 Al Fao - Gezira State – Sudan

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Abstract

Background: A cataract is a clouding of the lens in the eye which leads to a decrease in vision, About 20 million people are blind due to cataracts. Blindness affect 7% of the population aged 50 years and above in Sudan according to the WHO.

Methods: This is randomized controlled trials used for the patients who discovered during eye disease screening program in the village 31 Al Fao – Gezira state – Sudan, which followed by eye camp and treat cases surgically.

Results: The most age of cataract patients is between 60 and 75 years old, increasing the incidence of disease among males by 55% and females 45%. 55% of the patients did not go to an ophthalmologist before. The most common cause are economic problems, disability and neglect. 85% have poor vision, ranging from bad to medium to very bad, about 29% of cataract patients have diabetes and more than half of them for less than 10 years. 55% of the patients described the treatment in the eye camp as excellent and 45% as good, 50% of the patients. Cataract had a great effect on life, 40% with moderate effect and 10% had no effect on life. 55% of the patients were treated free of charge at Sheikh Al-Saa'im hospital for Ophthalmology – Wad Madani, while 45% refused the surgery.

Conclusion: people in villages are away from ophthalmologist care, the eye camps will early screen cataract and treat it. We must health educate older people to visit an ophthalmologist regularly specially on blurring of vision, and important of surgery if indicated, Eye examination should be done for patients above 60 and for diabetic patients.

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Biography:

Mohammed Hajhamed is a Medical Graduate in the field of ophthalmology. Now, he is working as a Faculty of Medicine at University of Gezira, Sudan.