

## **Serum Lipids - A modifiable risk factor for senile cataract**

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### **Abstract**

**Objective:** To identify the role of serum lipids in patients with different types of senile cataract.

**Subjects and Methods:** It was an observational case control study in a tertiary care centre in the city of Lahore, Pakistan. Fifty patients with senile cataract and fifty control individuals were selected. History taking with ophthalmic and systemic examinations were done. Fasting serum samples were taken for estimation of lipid profile from all the subjects.

**Results:** In the patient group, female to male ratio was 1.63:1. 78% patients had nuclear cataract, 16% had cortical and 6% had posterior sub capsular type of senile cataract. Serum Triglycerides, cholesterol, LDL, HDL and VLDL of patients were compared with controls. The *p*-value of cholesterol, LDL and HDL was non-significant. Serum triglycerides and VLDL were significantly raised in patients of senile cataract (*p*. <0.001).

**Conclusion:** Serum Triglycerides and VLDL are modifiable risk factors in the development of senile cataract in Pakistani patients. Serum Triglycerides is the only lipid, which has shown consistent results related to cataract development in different parts of the world. Other lipids show variable results in different countries. *Al-Shifa Journal of Ophthalmology 2013; 9(2): 56-62* © Al-Shifa Trust Eye Hospital, Rawalpindi, Pakistan.

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