

Frequency of esotropia and exotropia among patients between 3 to 25 years of age

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Abstract:

Objectives: To find out the occurrence of esotropia and exotropia in patients among the age group of (3 to 25 years) attending out-patient department at Holy Family Hospital Rawalpindi.

Study Design: Descriptive Cross-Sectional study.

Material and Methods: A total of 100 consecutive strabismus patients were examined out of 3430 patients attending the out-patient department within the time period of three months, according to the set criteria. Data was recorded on a proforma. Detailed strabismus evaluation was done including VA measurement with Snellen acuity chart, Cover and Krimsky test. All these tests were performed without glasses and with glasses and at near and distance both. Cycloplegic refraction was performed on children, by instilling 1% cyclopentolate eyedrops.

Results: Overall frequency of esotropia was 63% and exotropia 27%. Esotropia was found more frequent in females, while exotropia was found more frequent in male patients. Strabismus was more common in children with 78% patients within the age of 1-14 years & 22% patients within the age of 15-25 years, supporting that strabismus is predominantly an anomaly of childhood.

Conclusion: The most common type of strabismus is of horizontal type, i-e Comitant strabismus, with ET occurring more frequently than XT. Esotropia is found more common in females and exotropia in males. Strabismus is more common in children as compared to adults.

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