THE PREVALENCE OF FUNDUS DISEASES IN THE PORTUGUESE POPULATION OVER 55 YEARS OF AGE

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Purpose: To describe the prevalence of fundus diseases in an aged cohort of a Portuguese population-based sample. Methods: All patients with ≥55 years old, from a Portuguese primary health-care unit, were invited to participate. Responders underwent complete ophthalmic examination and fundus imaging. All images were evaluated and classified by a certified grader (ophthalmologist). Where necessary the patients underwent additional diagnostic tests. The final register of the fundus pathology was then performed. Results: 3000 participants were included (from 4370 eligible – 68.8% response rate) and 2975 were included in the analysis with a mean age of 69.9 ± 8.7 years. The overall prevalence of early and late age-related macular degeneration (AMD) was 17.71% and 0.67% respectively. The prevalence of diabetic retinopathy (DR) of any type was 2.96%. The overall prevalence of epiretinal membrane, retinal vein occlusion (RVO), myopic degeneration and retinitis pigmentosa (RP) was respectively 1.45%, 0.17%, 0.24% and 0.17%. Conclusion: To our knowledge, this is a pioneer study in a Portuguese population. The prevalence of early form of AMD in this population-based Portuguese Study was similar to that observed in other large-scale population-based studies. However, the prevalence of late AMD, DR, epiretinal membrane, RVO and myopic degeneration was lower and the prevalence of RP was superior to that found in similar studies.