



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكرو فيلم

بسم الله الرحمن الرحيم



MONA MAGHRABY



شبكة المعلومات الجامعية
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شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



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جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

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Assessment of the Effect of Vitamin D Deficiency on Ocular Dryness

Thesis

Submitted for Partial Fulfillment of
Master Degree in **Ophthalmology**

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2021

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قَالَ

لَسْبَدَانِكَ لَا عِلْمَ لَنَا
إِلَّا مَا عَلَّمْتَنَا إِنَّكَ أَنْتَ
الْعَلِيمُ الْعَظِيمُ

صدق الله العظيم

سورة البقرة الآية: ٣٢

Acknowledgments

*First and foremost, I feel always indebted to **Allah** the Most Beneficent and Merciful.*

*I'd like to express my respectful thanks and profound gratitude to **Prof. Dr. Abd El-Rahman Gaber Salman**, Professor of Ophthalmology, Faculty of Medicine, Ain Shams University, for his keen guidance, kind supervision, valuable advice and continuous encouragement, which made possible the completion of this work.*

*I am also delighted to express my deepest gratitude and thanks to Prof. **Dr. Thanaa Helmy Mohamed**, Professor of Ophthalmology, Faculty of Medicine, Ain Shams University, for her great help, active participation and guidance.*

*I wish to introduce my deep respect and thanks to **Dr. Randa Hesham Ali Abdelgawad**, Lecturer of Ophthalmology, Ain Shams University, for her kindness, supervision and cooperation in this work.*

I would like to express my hearty thanks to all my family for their support till this work was completed.

Mohamed Adel El-Sherbeny

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List of Abbreviations

Abb.	Full term
<i>3D</i>	<i>Three-dimensional</i>
<i>ACA</i>	<i>Anterior chamber angle</i>
<i>ACE</i>	<i>Angiotensin I converting enzyme</i>
<i>AKC</i>	<i>Atopic keratoconjunctivitis</i>
<i>AOD</i>	<i>Angle opening distance</i>
<i>AQP1</i>	<i>Aquaporin 1 channel</i>
<i>AS-OCT</i>	<i>Anterior segment OCT</i>
<i>CAI</i>	<i>Carbonic anhydrase</i>
<i>CXL</i>	<i>Corneal collagen cross-linking</i>
<i>DED</i>	<i>Dry eye disease</i>
<i>DEWS</i>	<i>International Workshop on Dry Eye</i>
<i>DMD</i>	<i>Descemet's membrane detachment</i>
<i>DMEK</i>	<i>Descemet's membrane endothelial keratoplasty</i>
<i>DSAEK</i>	<i>Descemet's membrane stripping automated endothelial keratoplasty</i>
<i>FD-OCT</i>	<i>Fourier domain OCT</i>
<i>HIV</i>	<i>Human immunodeficiency</i>
<i>HSV</i>	<i>Herpes simplex virus</i>
<i>IOP</i>	<i>Intraocular pressure</i>
<i>LDS</i>	<i>Lacrimal dysfunction syndrome</i>
<i>LFU</i>	<i>Lacrimal Functional Unit</i>
<i>LG</i>	<i>Lissamine green</i>
<i>LIPCOF</i>	<i>Lid-parallel conjunctival folds</i>

List of Abbreviations *cont...*

Abb.	Full term
<i>LWE</i>	<i>Lid wiper epitheliopathy</i>
<i>MGD</i>	<i>Meibomian gland dysfunction</i>
<i>NITBUT</i>	<i>Noninvasive tear breakup time</i>
<i>OCT</i>	<i>Optical coherence tomography</i>
<i>PKP</i>	<i>Penetrating keratoplasty</i>
<i>RA</i>	<i>Rheumatoid arthritis</i>
<i>SLE</i>	<i>Systemic lupus erythematosus</i>
<i>SS</i>	<i>Sjögren's Syndrome</i>
<i>TF</i>	<i>Tear film</i>
<i>TFT</i>	<i>Tear film thickness</i>
<i>TISA</i>	<i>Trabecular-iris space area</i>
<i>TMA</i>	<i>Tear meniscus area</i>
<i>TMD</i>	<i>Tear meniscus depth</i>
<i>TMH</i>	<i>Tear meniscus height</i>
<i>UBM</i>	<i>Ultrasound biomicroscopy</i>
<i>VKC</i>	<i>Keratoconjunctivitis</i>

INTRODUCTION

Dry eye is a multifactorial condition characterized by chronic inflammation of the lacrimal functional unit and loss of tear film stability causing deterioration in normal functions. The common symptoms of dry eye are ocular discomfort, soreness, redness, ocular fatigue, sensitivity to light and blurred vision (*Yildirim et al., 2016*).

Patients who have dry eye may also complain of eye irritation, a gritty or foreign body sensation, burning, tearing, photophobia, stinging, or intermittent sharp pain. A careful history taking contributes greatly to a correct diagnosis.

Dry eye signs identified on slit-lamp examination include superficial corneal erosions, inadequate tear lake volume, early tear film break-up time, conjunctival hyperemia, conjunctival surface irregularities, and meibomian gland dysfunction (*Zeev et al., 2014*).

The prevalence of dry eye tends to be less in males but the age effect is still observed (e.g., 4% prevalence in males aged 50–54 years versus >7% in those older than 80), older age was found to be significantly associated with increased dry eye prevalence (*Yang et al., 2018*).

Dry eye and impaired tear function are occasional symptoms of vitamin D deficiency, vitamin D is a fat-soluble

vitamin, which is produced in the skin following exposure to sunlight (*Li et al., 2012*).

It has essential functions in cartilage and bone via vitamin D receptors, in addition to its well-recognized role in musculoskeletal and mental health (*Qvist et al., 2019*).

Over the last decade vitamin D deficiency, described commonly as serum 25 hydroxyvitamin D levels of < 20 ng/mL is increasingly thought to be linked to various health problems, including malignancies, type 2 diabetes mellitus and hypertension and cardiovascular diseases and also eye disorders such as optic neuritis and myopia (*Pereira et al., 2012*).

In addition, it is proposed that vitamin D may help to prevent dry eyes by inducing cathelicidin, an anti-microbial protein that can be produced by cells in the eyes and heal eye wounds (*Yildirim., 2016*).

Studies have found that older people tend to have lower vitamin D levels, and therefore they have been suggested to be prescribed higher supplementary doses (*Marcos-Pérez et al., 2020*).