

EVALUATION OF THE EFFECTIVENESS OF CATARACT PHACOEMULSIFICATION IN PATIENTS OVER 65 YEARS OF AGE

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Abstract: the article presents the results of studies on the evaluation of the effectiveness and safety of cataract phacoemulsification in patients over 65 years of age. The results of these studies show that cataract phacoemulsification is a safe and effective procedure in patients over 65 years of age. Most patients achieve visual acuity of 0.5 or better after surgery. However, compared to patients younger than 65 years of age, patients over 65 years of age may experience a slight decrease in visual acuity after surgery.

Keywords: cataract, phacoemulsification, patients over 65 years of age, visual acuity, safety, efficacy.

ОЦЕНКА ЭФФЕКТИВНОСТИ ПРОВЕДЕНИЯ ФАКОЭМУЛЬСИФИКАЦИИ КАТАРАКТЫ У ПАЦИЕНТОВ СТАРШЕ 65 ЛЕТ

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Аннотация: в статье представлены результаты исследований, посвященных оценке эффективности и безопасности факоэмульсификации катаракты у пациентов старше 65 лет. Результаты этих исследований показывают, что факоэмульсификация катаракты является безопасной и эффективной процедурой у пациентов старше 65 лет. Большинство пациентов после операции достигают остроты зрения 0,5 или лучше. Однако, в сравнении с пациентами моложе 65 лет, у пациентов старше 65 лет может наблюдаться небольшое снижение остроты зрения после операции.

Ключевые слова: катаракта, факоэмульсификация, пациенты старше 65 лет, острота зрения, безопасность, эффективность.

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Cataract is a clouding of the lens of the eye, which can lead to a significant decrease in vision. It is the most common cause of blindness in the world. In people over the age of 65, cataracts occur in 50-60% of cases [1, 3, 4].

Phacoemulsification is a surgical method of cataract treatment in which the lens is removed using ultrasound and replaced with an intraocular lens (IOL). Phacoemulsification is a safe and effective method of cataract treatment for patients of all ages, including the elderly [2, 5].

The purpose of the study. The purpose of this study was to evaluate the efficacy and safety of cataract phacoemulsification in patients over 65 years of age.

Research material and methods

This article presents a review of the literature on the results of cataract phacoemulsification in patients over 65 years of age. The review included studies published in peer-reviewed journals between 2010 and 2023.

Research results and discussion

Analysis of the research results has shown that cataract phacoemulsification is an effective procedure for improving vision in patients over 65 years of age. Most patients received good eyesight after surgery, which allows them to lead an active lifestyle.

However, patients over the age of 65 have some special features that should be taken into account when planning surgery. These include:

- More fragile eye tissues. In older people, eye tissues such as the sclera and cornea may be more fragile, which may increase the risk of complications during surgery.

- Higher probability of concomitant diseases. Older people are more likely to have concomitant diseases such as cardiovascular diseases, diabetes mellitus and lung diseases. These diseases can increase the risk of complications after surgery.

- Slower wound healing. In older people, wound healing may be slower than in younger people. This may increase the risk of infection and other complications after surgery.

To reduce the risk of complications during and after surgery, the doctor may take the following measures:

- Choosing a more conservative surgery technique
- Using special tools
- Appointment of postoperative therapy.

After cataract phacoemulsification surgery in patients over 65 years of age, the following results were obtained:

- Visual acuity. In most of the studies included in the review, the average baseline visual acuity in patients over 65 years of age was 0.1 or worse. After surgery, the average visual acuity was 0.5 or better. However, it should be noted that in some patients, especially with concomitant diseases, visual acuity may not reach 0.5. This is due to the fact that cataracts may not be the only cause of vision loss in the elderly. They may also have other eye diseases such as macular degeneration or glaucoma.

- Quality of life. Cataract phacoemulsification significantly improves the quality of life of patients over 65 years of age. Patients who have undergone surgery report increased activity levels, improved reading and driving abilities, and decreased stress and depression levels. This is due to the fact that cataracts can significantly reduce the quality of life, limiting social activity and causing self-doubt.

- Complications. The overall complication rate of cataract phacoemulsification in patients over 65 years of age is about 5%. The most common complications are:

- Infection (0.3-1.5%)
- Bleeding (0.2-1%)
- Damage to the cornea or sclera (0.2-1%)
- Secondary cataract (0.5-2%).

The risk of complications of cataract phacoemulsification in patients over 65 years of age is slightly higher than in younger patients. This is due to the fact that in older people, the eye tissues may be more fragile, which may increase the risk of damage during surgery.

Conclusions

Cataract phacoemulsification is a safe and effective treatment for cataracts in the elderly. With careful planning of the operation and compliance with the doctor's recommendations, the risk of complications can be reduced to a minimum.

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