

Prevalence of Dry Eye Disease Among Visual Display Terminal Workers of Creative Industry in Jakarta

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ABSTRACT

INTRODUCTION: Dry eye disease (DED) is a multifactorial condition caused by ocular discomfort, visual disturbance, and tear film instability with potential damage to the ocular surface. Visual Display Terminal (VDT) use have exposed workers to risk factor for DED symptoms. This study aims to identify the prevalence and risk factor of DED among VDT workers of the creative industry in Jakarta. **METHODS:** The study design is cross-sectional with 90 participants (23 men and 67 women; mean age 25.4 years). 34 (38%) of them engaged in computer >8 hours. Data collected using a self-administered Ocular Surface Index (OSDI) questionnaire to evaluate the prevalence and risk factor of DED. The OSDI questionnaire is a valid and reliable instrument for measuring DED severity (normal, mild to moderate, and severe). **RESULTS:** Of the 90, the DED group included 79 (severe, 50; moderate, 17; mild, 12) participants. Severe symptoms were observed in 13 male and 37 female participants. More than 8 hours use of VDT was associated with an increased risk of severe DED symptoms (odds ratio, 1.24; 95% confidence interval: 0.52, 2.93). **CONCLUSION:** Approximately 88% of the VDT workers were diagnosed with DED. The condition is more prevalent among females and prolonged VDT users. Changes in the modifiable risks could lead to a better quality of life of VDT workers.

KEYWORDS: Dry Eye Disease, Visual Display Terminals (VDT), Prevalence, Risk Factor

Prevalence of Hypercholesterolemia Among Elderly in Malaysia and Its Associated Factors: Findings from National Health and Morbidity Survey 2018

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ABSTRACT

INTRODUCTION: One of the main modifiable risk factors for cardiovascular disease (CVD) is dyslipidemia which leads to the progression of atherosclerosis. This study aimed to evaluate the prevalence of self-reported hypercholesterolemia and its associated factors among elderly in Malaysia. **METHODS:** This cross sectional, population-based survey was conducted throughout Malaysia in 2018. Data was analysed from the National Health and Morbidity Survey 2018 based on 3977 elderly persons aged 60 years and above. It employed a two-stage stratified sampling to represent the population in Malaysia. Descriptive and multivariate logistic regression were used to analyse the data. **RESULTS:** Almost half (41.8%) of the elderly in Malaysia self-reported to have hypercholesterolemia. The prevalence of self-reported hypercholesterolemia was higher in urban areas (43.3%) compared to rural (37.8%) and among females (45.7%) compared to males (37.8%). Multivariate logistic regression analysis showed those in urban areas (aOR:1.210; 95%CI: 1.02, 1.42) were significantly more likely to have hypercholesterolemia compared to rural areas. Meanwhile, those with primary (aOR:1.386; 95%CI: 1.121, 1.714) and secondary education (aOR:1.537; 95%CI: 1.203, 1.965) were significantly more likely to have hypercholesterolemia compared to those with no formal education. Those with diabetes (aOR:3.311; 95%CI: 2.768, 3.961), hypertension (aOR:6.285; 95%CI: 5.330, 7.412) and obesity (aOR:1.447; 95%CI: 1.178, 1.776) also were more likely to have hypercholesterolemia compared to those without those diseases. Smokers (aOR:0.680; 95%CI: 0.540, 0.856) were less likely to have hypercholesterolemia compared to non-smokers. **CONCLUSION:** A high prevalence of hypercholesterolemia was found among the elderly. Therefore, a comprehensive public health commitment is required to ensure intervention programmes to reduce cholesterol levels are effective, especially for high risk groups.

KEYWORDS: Hypercholesterolemia, elderly, NHMS