

Screening for glaucoma: a current challenge

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Abstract

Glaucoma is the leading cause of blindness in Africa. This eye disease is serious because it is asymptomatic until a very advanced stage of the disease. Both eyes are not always affected in the same way and one somewhat compensates for the other, thus delaying the diagnosis. It is all the more serious as the lesions are irreversible. To date, treatments can stop its progression but do not restore vision when the disease has already progressed (1).

Systematic screening for this disease is necessary. It is aimed at the population aged over 40 in whom glaucoma is most common. Screening must be carried out by an ophthalmologist who measures ocular tone, often greater than 21 mm Hg, and examines the optic disc at the fundus. Loss of nerve fibers from the optic nerve head manifests itself as a widening and deepening of the papillary excavation (2).

At the end of these screening examinations, if glaucoma is suspected, we will complete with more specific examinations. Evaluation of the visual field marked by a reduction in the visual field from the periphery to the center and papillary OCT which makes it possible to quantify the loss of nerve fibers. These examinations make it possible to consider the severity of glaucoma and to adapt the treatment which acts on the main risk factor, ocular hypertonia. The treatment is a lifelong treatment which is based on taking hypotonizing eye drops and often the use of filtering surgery depending on the progression of the glaucomatous disease.(2)

We report the experience that we carried out at the Mohamed VI university hospital center in Oujda where we carried out 2 free glaucoma screening campaigns in 2023 and 2024 in all subjects over 40 years old. The implementation of human, material and logistical resources made it possible to examine more than 2000 subjects and to detect a significant number of glaucoma sufferers.

Whether on an individual or collective level, systematic screening for glaucoma is essential. Artificial intelligence is a tool that will optimize glaucoma screening (3).



References

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Biography



Dr Siham CHARIBA is Higher Education Professor in Ophthalmology at Mohamed 1er University. She has supervised numerous thesis and research work. She does eye surgery and its appendages. She is educational director of the 1st university diploma on "Inflammatory pathologies of the eye" at the Mohammed 1 University of Oujda. She is a member of the international society of ocular inflammation (IOIS). She is president of the Association of Oriental Ophthalmologists (AOO). She is a founding member of the Moroccan Oculoplasty Society (SOPREM). She is a member of the governing council at the faculty of medicine and pharmacy of Oujda