# Factors Affecting the Improvement of Visual Acuity After Cataract Surgery in Malaysia from 2014-2018

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## ABSTRACT

**Introduction:** Currently, cataract is the leading cause of blindness and vision impairment in the globally. The aim of this study was to determine the factors affecting the improvement of visual acuity (VA) among cataract patients after surgery in Malaysia. Methods: This was a retrospective cohort study. Cataract patients who underwent surgery and were registered from January 2014 to December 2018 with age over 18 years old were extracted from database. Ordinal logistic regression was used to identify the association between the factors and the outcome. Result presentation using odds ratio and 95% confidence interval (CI). **Results:** A total of 199,826 patients were analyzed. Multivariable analysis showed improvement of VA was significantly higher in patients with age group 41-60 years old (OR: 1.30; 95% CI: 1.04, 1.63), female patients (OR: 1.07; 95% CI: 1.01, 1.13), Malay groups (OR: 1.61 95% CI: 1.51, 1.70) and de-velopmental cause of cataract (OR: 1.79 95% CI: 1.10, 2.92). Odds of no ocular comorbidity were 68% (OR: 1.68; 95% CI: 1.58, 1.78) higher in vision improvement. Intraoperative and postoperative complications had 1.21(95% CI: 1.08,1.34) and 10.85(95% CI: 10.24,11.51) times higher odds of im-proving VA. Surgery using ECCE with a presence of intraocular lens (IOL) and performed quickly gave good results. **Conclusion:** Older age, females, ethnicity, primary cause of cataract, absence of ocular comorbidities, Surgeon Grade, surgery type, shortness of duration surgery, presence of IOL, absent of intraoperative complication, and absent of postoperative complication are the factors that affect to be worse to improve VA after undergoing cataract surgery.

# Meal Pattern and Obesity among Adolescents in Urban Area

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## ABSTRACT

Introduction:  Meal pattern is often used to describe the eating patterns of individuals, such as a main meal, breakfast, lunch or dinner or a smaller-sized meal like supper or snack etc. The aim of this study was to determine the frequently of meal pattern associated with being obese among school-going adolescents. The specific objective was to determine a relationship of meal patterns with obesity among adolescents in the urban area. **Methods:** This study used secondary data from NHMS 2017, a nationwide cross-sectional survey that implemented a two-stage stratified random sampling design, focusing on urban areas which involved 23,463 respondents (school children) aged 10 to 17 years old in Malaysia. The adolescents were categorised based on their food frequency intake. Chi-square test were used to determine an association between obesity and the frequency of daily breakfast, lunch, dinner and supper. **Results:**  The finding shows that 6.6% adolescents were categorised as thin, 62.3% normal, 16.2% overweight and 15% obese in the urban area. Total number of obese adolescents were 3,496 (male = 60.2%, female = 9.8%). The finding shows very strong evidence of relationship between meal pattern and obesity with breakfast (p<0.001), lunch (p<0.016), dinner (p<0.001) and supper (p<0.001). **Conclusion:**  Based on our results, it may be concluded that frequent meal intake contributes to an increasing number of obesities among adolescent specially in the urban area.