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ASSOCIATION OF ALCOHOL CONSUMPTION AND INTRAOCULAR PRESSURE IN MEN AND WOMEN: THE 5th KOREA NATIONAL HEALTH AND NUTRITIONAL EXAMINATION SURVEY 2010-2012

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Purpose: To assess the relationship between daily alcohol consumption and intraocular pressure (IOP) in Korean men and women

Methods: We explored the effect of daily alcohol intake on high IOP in 7,532 adults who participated in the 2010-2012 Korean National Health and Nutritional Examination Survey (KNHANES). Multiple logistic regression analysis was used to assess the relationship between average daily alcohol consumption and an IOP of ≥ 18 mmHg after adjusting for age, body mass index, hypertension, diabetes mellitus, and smoking in each sex group.

Results: When adjusted for related factors, the odds of high IOP was 2.57 times (95% confidence interval, 1.239 to 5.314) higher in men with a daily heavy alcohol intake than men with a heavy alcohol intake <1 per month. However, increased odds of high IOP with daily alcohol consumption were not found among women.

Conclusions: After adjusting for age and other confounders, there was a significant relationship between daily alcohol consumption and high IOP in men, whereas the relationship was not significant in women.

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BIOGRAPHY

Young Cheol Yoo has run a busy cataract and glaucoma surgical practice with special expertise in complex cataract removal using the latest technologies including toric lenses as well as multifocals. He is an expert on optical coherence tomography and standard automated perimetry. Current research interests includes: structure-function relationship in glaucoma, glaucoma in myopia, minimally invasive glaucoma surgery, and validating and commercializing new medical devices.

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