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ABSTRACT BOOK



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AGE RELATED CHANGES IN SEGMENTED INNER RETINAL LAYERS IN HEALTHY CONTROLS

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Background
To investigate the age-related changes in the spectral domain optical coherence tomography (SD-OCT) measurements of the segmented macular inner retinal layers in healthy individuals.

Methods
This observational study included 130 healthy controls. Thicknesses of the inner retinal layers, including retinal nerve fiber layer (RNFL), ganglion cell layer (GCL), and inner plexiform layer (IPL) were obtained from the horizontal SD-OCT scans. The correlation of the thicknesses of the retinal layers with age, sex, axial length and spherical equivalent (SE) refractive error was analyzed.

Results
The mean age of the 130 healthy individuals was 68.2±6.7 years (range: 54-90 years). The mean segmented retinal nerve fiber layer thickness did not correlate with age (r=0.049, p=0.58) while both the mean segmented ganglion cell layer thickness and the mean segmented inner plexiform layer (IPL) thickness significantly correlated with age (r=-0.303, p=0.0005), (r= -0.370, p=0.000019).

Conclusions
The age-related decline in segmented macula layers may be an important point in study of glaucoma-related alterations. The segmented IPL thickness demonstrated the strongest correlation with aging in the present study, which encourages further research for its significance in early glaucoma versus aging.