

## Assessment of Awareness Level towards the Risk of Chronic Use of Steroids Causing Cataract in Aseer Region, Saudi Arabia

Abdulrahman Alamri, MD\* Shahd Abdulhakeem Al Hamdan, MBBS\*\* Razan Saeed Al-Maalwi, MBBS\*\* Reem Thalib Hadhiri Alalyani, MBBS\*\* Adhwaah Ahmed M Aljari, MBBS\*\* Mohammed Abdullah Aoun Alshahrani, MBBS\*\* Jood Abdulhakeem Al Hamdan, MBBS\*\* Atheer Saud Alshahrani, MBBS\*\* Fahad Mohammed A Alqahtani, MBBS\*\* Amjd Sowaid M Algarni, MBBS\*\*

### ABSTRACT

**Study Design:** Cross-sectional

**Background:** Millions of individuals worldwide had vision impairment, and 32 million people were blind. As a result of cataracts, 10.8 million and 35.1 million individuals were respectively blind and visually impaired. In 2010, cataracts were responsible for 18.4% of all cases of moderate to severe vision impairment and 33.4% of all blindness globally.

**Methods:** In this cross-sectional study, data were collected by the purposely constructed questionnaire. A questionnaire composed of the demographic items and items related to the awareness and knowledge about the risk of chronic use of steroids causing cataract.

**Results:** 60% were male while 40% were females, mean SD of age was 29.5(12.5) 92% were from Asir region, 17.6% have university level or higher education.

**Conclusion:** Adult Saudis in the Assir city are well-informed about cataracts. Future research should concentrate on raising knowledge of cataracts.

**Keywords:** Cataract, Eye, Diseases, Steroid

*Bahrain Med Bull 2023; 45 (2): 1445 - 1447*

---

\* Professor in Ophthalmology  
Department College of Medicine  
King Khalid University  
University in Abha, Saudi Arabia.  
E-mail: amaamri@gmail.com

\*\* Student  
King Khalid University  
University in Abha, Saudi Arabia.