

The Beaver Dam Eye Study: Cataracts 2002



Objective

To describe the cumulative incidence of age-related cataracts and cataract surgery over a 10-year interval.

Methods

Design: Prospective epidemiologic study

Sample Size: N = 2764

Treatment Groups:

- Age 43 – 54 years[†]
- Age 55 – 64 years[†]
- Age 65 – 74 years[†]
- Age ≥75 years[†]

[†] All groups were stratified into 'Men' and 'Women'

Outcome Measures:

- 5-year and 10-year incidence of cataract (nuclear, cortical, or posterior subcapsular) and cataract surgery

Results

Point 1: The 10-year incidence of a cataract of all types increased with age in both men and women.

- For nuclear sclerotic cataracts, the 10-year incidence rate was **23.7%** for either eye (95% CI, 22.0, 25.4). Women were found to have a significantly higher incidence of nuclear cataracts than men ($P < 0.0001$).
- For cortical cataracts, the 10-year incidence rate was **21.8%** for either eye (95% CI, 20.1, 23.6).
- For posterior subcapsular cataracts, the 10-year incidence rate was **7.8%** for either eye (95% CI, 6.7, 8.9).
- For any type of cataract, the 10-year incidence rate was **38.0%** for either eye (95% CI, 35.9, 40.1).

Point 2: The 10-year incidence of cataract surgery was 13.0% for either eye (95% CI, 11.7, 14.2).

- After adjusting for age, women were found to be at higher risk of having had cataract surgery ($P < 0.0001$).

TLDR: Cataracts are a common age-related complication whose incidence increases over time in both men and women

Klein, B. E., Klein, R., & Lee, K. E. (2002). Incidence of age-related cataract over a 10-year interval: the Beaver Dam Eye Study. *Ophthalmology*, 109(11), 2052–2057. [https://doi.org/10.1016/s0161-6420\(02\)01249-6](https://doi.org/10.1016/s0161-6420(02)01249-6)

Klein, B. E., Klein, R., & Linton, K. L. (1992). Prevalence of age-related lens opacities in a population. The Beaver Dam Eye Study. *Ophthalmology*, 99(4), 546–552. [https://doi.org/10.1016/s0161-6420\(92\)31934-7](https://doi.org/10.1016/s0161-6420(92)31934-7)