

Comment on: Association of obesity and age-related macular degeneration in Indian population

Sir,

I read with interest the study "Association of obesity and age-related macular degeneration (ARMD) in Indian population" by Jaisankar *et al.*^[1] The authors evaluate fundus images of patients with ARMD for possible association with obesity in a cross-sectional analysis. They conclude absence of a significant association between obesity and severity of ARMD following a logistic regression analysis.

In this study, the authors have chosen to use the worse eye for measuring the severity of ARMD while using a well-established grading system.^[1] The choice of eye or the method of summation/averaging is crucial while assessing impact of any systemic parameter on an ophthalmic disease. Some of these methods include random selection of eyes, choice of worse eye, pairing of eyes, averaging the findings of the two eyes, and taking only right or left eye into account. Further, there is a need to apply correction factors

for interocular correlations in such circumstances.^[2,3] While controlling for local factors, one expects a symmetric impact of a systemic factor like obesity on chronic diseases such as ARMD.

In lieu of this discussion, I encourage the authors to further authenticate their findings by analyzing inter-eye asymmetry in their study group. If obesity were to have any impact on ARMD, this asymmetry should be less in the obese population and also decrease with increasing grades of obesity. Next, it may also help by reanalyzing the dependent variable (severity of ARMD) in the "better eye." Third, averaging of severity scores of ARMD may also be done. I suggest such further analysis as authors have stated themselves in this interesting study that the results of previous reports inclusive of a meta-analysis have indicated an association between obesity and ARMD.

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Conflicts of interest

There are no conflicts of interest.

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