2009 Research Days Abstract Form – Department of Ophthalmology – UNIFESP/EPM

2. SCIENTIFIC SECTION PREFERENCE (REQUIRED): GL

Review the Scientific Section Descriptions. Select and enter the two-letter Code for the one (1) Section best suited to review your abstract.

3. PRESENTATION PREFERENCE (REQUIRED) Check one:
☐ Paper
x Poster
☐ FAST Paper

4. The signature of the First (Presenting) Author (REQUIRED) acting as the authorized agent for all authors, hereby certifies that any research reported was conducted in compliance with the Declaration of Helsinki and the 'UNIFESP Ethical Committee"

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Scientific Section Descriptions (two-letter code):

(BE) OCULAR BIOENGINEERING
(CO) CORNEA AND EXTERNAL DISEASE
(CA) CATARACT
(EF) ELECTROPHYSIOLOGY
(EP) EPIDEMIOLOGY
(EX) EXPERIMENTAL SURGERY
(GL) GLAUCOMA
(LA) LABORATORY
(LS) LACRIMAL SYSTEM
(LV) LOW VISION
(NO) NEURO-OPHTHALMOLOGY
(OR) ORBIT
(PL) OCULAR PLASTIC SURGERY
(PH) PHARMACOLOGY
(RE) RETINA AND VITREOUS
(RS) REFRACTIVE SURGERY
(RX) REFRACTION-CONTACT LENSES
(ST) STRABISMUS
(TR) TRAUMA
(TU) TUMORS AND PATHOLOGY
(UV) UVEITIS
(US) OCULAR ULTRASOUND

Deadline: Oct 12, 2009

FORMAT:
Abstract should contain:
Title
Author, Co-authors (maximum 6), Purpose, Methods, Results, Conclusion.

Poster guidelines:
ARVO Abstract Book (1.10 x 1.70m)

103. FIRST (PRESENTING) AUTHOR (REQUIRED):
Must be the author listed first in abstract body.

( ) R1 ( ) R2 ( ) R3 ( ) PIBIC
( ) PG0 ( ) PG1 (x) Fellow ( ) Technician

Last Name: Netto
First Name: Camila
Middle: F.

Service (Sector): Glaucoma

CEP Number: 1527/07

5. ABSTRACT (REQUIRED):

Title: **Assessment of Intraocular Pressure in response to isokinetic exercise**

Author and Co-authors (maximum 6): Camila Netto, Marcelo Conte, Marinho Jorge Scarpi

Purpose: Assess the variation in IOP in response to isokinetic exercise

Methods: Ten female athletes from the juveline handball team of Jundiaí – SP were assessed. The IOP of both eyes was determined by 2 measures using the Perkins tonometer: right before and immediately after this athletes perform the isokinetic exercise. The t test de Student was used to the statistical analysis.

Results: Significant reduction on IOP was observed on both eyes of all athletes after performing isokinetic exercises. The mean baseline IOP was 13,1 ± 2,33 mmHg on the right eye and 12,5 ± 2,60 mmHg on the left eye. After the exercise the mean IOP was 9,9 ± 2,6 mmHg (p=0,0007) on the right eye and 9,3 ± 2,26 mmHg (p=0,0001) on the left eye.

Conclusion: We found a significant decrease on IOP levels after isokinetic exercise.

Keywords: IOP, exercise, isokinetic

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