

ASSOCIATION OF URINE PROTEIN WITH CONTACT LENS USE

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ABSTRACT

Objective of current research show association of urine protein with contact lenses. Subjects that participated in the recent analysis were subjects of BZU, Multan, Pakistan and they were under 21-23. Urine protein like albumin when present in high amount in urine it causes major issues. Briefly represent that people with positive reports were using contact lenses. Men were using in high number than females.

KEYWORDS: *Proteinuria, Contact Lenses, Albumin*

INTRODUCTION

Our kidneys contain filter, these help kidneys to filter waste material from the body. This filter helps to block the high amount of protein to flow through them. In some cases, kidney filters damage due to kidney disease and then excess amount of protein pass through them like albumin that move from blood to urine. High amount of protein produce in the body is known as proteinuria. Presence of protein in urine indicates kidney disease. Diabetes and high blood pressure are the major source of kidney damage. There is some toxin release into kidney from alcoholic intake, medication for different disease treatment, over weight like obesity, family history also include also major factor of kidney disease. Proteinuria is not fatal this can be cured easily to control diabetes and blood pressure (1).

Contact lenses also have disadvantages as well as advantages. Some old types of contact lenses are not sustainable for long time. Such eye lenses can harm eye cornea due to their rigidity. Some daily wear soft lenses have not sharp vision than other new lenses. Debris collect under some lenses which require daily clean up. Some old lenses are easily contaminate with microbes and could be dangerous for eyes. There are some lenses which require changed after planned schedule and require daily office visit for care. Overnight use of contact lenses can cause complexity and increases risk of eye damage. Contact lenses solution also need care to store and reused, otherwise it will destroy with bacterial contamination (2).

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MATERIAL AND METHODS

Subjects that participated in the recent analysis were subjects of BZU, Multan, Pakistan and they were under 21-23.

Calculation of Urine Protein

Urine of subjects was collect for 24 hours and then examine with urine test. Many people were does not have urine protein, they show positive results. Protein usually found in blood like albumin, but in some cases it moves into urine and causes disease.

RESULTS AND DISCUSSIONS

Association of urine glucose with use of contact lens practice was shown in Table 1. 90 students participate in these study only 17 shows positive results include males and females. Many other people present negative results which were using contact lenses. 33.33 % females with urine protein were using contact lenses but 66.66 % were not using with positive results. 50 % males were using contact lenses but 50% were not using positive results

Questionnaire based studies have been given important outcome in current researches (3-10). Such study has not performed before. People with high protein have several problems.

Table 1: Association of Urine Protein with Use of Contact Lens

Urine Protein (Positive)	People Using Contact Lens	People Do Not Using Contact Lens
	Yes	No
Males	50 %	50 %
Females	33.33 %	66.66 %

CONCLUSIONS

Briefly represent that people with positive reports were using contact lenses. Men were using in high number than females.

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