

Causes, clinical behavior and final outcome of steroid induced glaucoma

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Abstract

Objective: This study was aimed to evaluate the causes, disease pattern and effect of different treatment options on steroid induced glaucoma.

Study design: Observational cross-sectional study.

Methodology: Thirty six eyes of 18 patients, both genders with steroid induced glaucoma presenting to Glaucoma department of Al-Shifa Trust Eye Hospital were included in the study. The duration of the study was one year from May 2015 to April 2016. Patients with bilateral steroid induced glaucoma who had received treatment and were stable for at least six months were included in the study.

Results: A total 36 eyes of 18 patients were included in the study. Out of 18 patients 14 were males and 4 were females. Among 18 patients 14 (78.7%) had VKC, 2 (11.1%) had bilateral penetrating keratoplasty, 1 (5.5%) had retinitis pigmentosa, and 1 (5.5%) had vasculitis. The mean pretreatment IOP was 22.1 ± 5.68 mm of Hg and post treatment IOP was 16.52 ± 8.47 mm of Hg. The mean pre-treatment CD ratio was 0.725 ± 0.275 and mean post treatment CD ratio was 0.75 ± 0.267 .

Conclusion: Vernal keratoconjunctivitis is the most common cause of steroid induced glaucoma in our clinical set up. Steroid induced rise in IOP can be effectively controlled with multiple treatment options. Majority of patients are stable on topical IOP lowering agents. *Al-Shifa Journal of Ophthalmology 2016; 12(2): 110-114. © Al-Shifa Trust Eye Hospital, Rawalpindi, Pakistan.*
