

Efficacy of topical 0.05% cyclosporine in Vernal keratoconjunctivitis.

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Abstract

Background: Vernal keratoconjunctivitis (VKC) is a chronic recurrent non-infectious allergic disease that generally affects children and young adults. The present study was conducted to assess efficacy of topical 0.05% cyclosporine in Vernal keratoconjunctivitis. Materials & Methods: 86 patients diagnosed with Vernal keratoconjunctivitis (VKC) of both genders were enrolled. All were prescribed topical 0.05% cyclosporine 4 times a day. Patients underwent complete ophthalmic examination and symptoms and signs and intraocular pressure using non contact tonometer. The patients were evaluated at weeks 4, 8 and 12 after the initiation of therapy. Symptoms and signs before and after treatment, during the four-week intervals, were recorded and scores between 0 and 3 were assigned. Results: Out of 86 patients, males were 56 and females were 30. Median of symptoms score at baseline was 11, at 4 weeks were 4, at 8 weeks were 5 and at 12 weeks were 4. Sign score at baseline was 6, at 4 weeks were 4, at 8 weeks were 3 and at 12 weeks were 3. The difference was significant ($P < 0.05$). Conclusion: Topical cyclosporine 0.05% help to reduce corticosteroid usage, is an effective and safe alternative for the treatment of resistant VKC.

Keywords:

Cyclosporine Eye Vernal keratoconjunctivitis