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### **Clinical-cytologic study of conjunctivochalasis and its relation with thyroidopathies**

Sandra Flavia F. de Almeida, Luciene B. de Sousa, Luis A. Vieira, Maria I. Chiamollera, Jeison de Nadai. **PURPOSE:** To determine the prevalence of conjunctivochalasis in patients with immune thyroid diseases, to determine whether there is any association between the two, and to determine cytologic study of conjunctivochalasis through the cytology impression test. **METHODS:** A clinical prospective cohort study carried out by the External Diseases Department in the Ophthalmology Sector and the Thyroid Department in the Endocrinology Sector at Federal University of Sao Paulo (UNIFESP). The patients included were divided into two groups following these inclusion criteria: a control group of 25 patients without thyroid diseases, confirmed after clinical and laboratorial examinations (thyroid hormones), or any other ocular diseases. The study group consisted of 31 patients with thyroid diseases, the diagnosis of which was confirmed by the Endocrinology Sector. The thyroidopathies included were autoimmune diseases, but excluded non-autoimmune diseases. A protocol endorsed by the UNIFESP was followed, employing clinical and ophthalmological history, biomicroscopy and impression cytology. **RESULTS:** 52% of patients without thyroid diseases and 88% of patients with thyroid diseases presented with conjunctivochalasis. The Risk Ratio was 1.705 ( $P > \chi^2 = 0.0038$ ) indicating that there is an association between them. For the impression cytology in inferior bulbar conjunctiva, there is an association between the result of the impression cytology and conjunctivochalasis (Pearson  $\chi^2 = 10.1190$   $P = 0.006$ ). **CONCLUSIONS:** The prevalence of conjunctivochalasis in patients with autoimmune thyroid diseases was 88%. Patients with autoimmune thyroidopathy presented higher percentages of conjunctivochalasis than the control group, confirming the association between them. The cytologic study showed the highest prevalence of abnormal surface features in eyes with conjunctivochalasis. **Key Words:** conjunctival disease, autoimmune thyroiditis, conjunctiva, cytology, thyroid.