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Topical cyclosporine A in ocular allergy.

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Purpose: To evaluate the response to topical cyclosporine A 0,005% (CsA) in patients with severe ocular allergy. Methods: Twenty-six patients with severe vernal keratoconjunctivitis were selected in the cornea clinics at IBOPC and followed for 2 months. One eye was treated with topical CsA 0,005% and the fellow eye was treated with topical antihistamines. The inclusion criteria were previous episodes of acute involvement without enough control of the ocular allergy facing the correct use of topical olopatadine, absence of any signs of infection and no actual use of topical steroids. Time of evolution of the disease and usual intervals without its recurrence were established. Signs and symptoms were scored at entry and at 1 and 2 months after the beginning of the treatment. The VA measurement and the SL exam were performed. Results: The mean age was 9.8 yo and mean disease evolution time was 28m. The VA showed improvement in 46,15%, remained the same 46,15% and showed worsening in 7,69% of the cases. Keratoconus was diagnosed in 7,69% cases. Compared with baseline, the scores for ocular signs and symptoms at 1m decreased significantly in the CsA eyes. Conclusions: The topical CsA 0,005% seems to be effective and safe for the treatment of severe VKC, producing better response than antihistamines with no adverse effects at short term follow-up.