ABSTRACT

The role of systemic corticosteroid therapy in Non Arteritic Anterior Ischaemic Optic Neuropathy

AIM: To look for improvement in visual acuity, visual fields and rate of resolution of optic disc edema in NA-AION after treatment with oral corticosteroids. METHOD: 40 patients were diagnosed as NA-AION in acute phase. 20 patients among them were randomly selected for steroid therapy with 60mg oral prednisolone once daily for 2 weeks, tapered by 5mg every 5 days to 40mg either till the disc showed no edema or up to a maximum of 2 months and then rapidly tapered off. 20 other patients were treated with placebo (oral vitamin C). Visual acuity and visual fields were assessed during completion of therapy & at 6 months. RESULTS: At 6 months from onset of NA-AION, visual acuity improved in 80% in treated group and 30% in control group. Visual fields improved in 40% in treated group and 30% in control group. Optic disc edema resolved earlier in 70% in treated group and 20% in control group. CONCLUSION: Oral corticosteroids in acute phase of NA-AION cause significant improvement in visual acuity, visual fields & rate of resolution of optic disc edema.

Keywords: Non arteritic anterior ischaemic optic neuropathy, corticosteroids, optic disc edema