AN ANALYTICAL STUDY OF THE OCULAR EFFECTS IN PATIENTS ON LONG TERM CORTICOSTEROIDS

ABSTRACT

Aim: To analyse the ocular effects of long term use of corticosteroids by various routes of administration for several disorders treated in a tertiary care hospital.

Objectives: 1. To study the prevalence of the ocular effects of long term use of corticosteroids in various diseases. 2. To emphasize the importance of regular ocular examination for the patients on long term steroid therapy.

Material and methods: A cross-sectional study involving 230 patients on long-term use of corticosteroids for various disorders attending eye OPD within our inclusion criteria were evaluated for any ocular manifestations in the department of Ophthalmology in a tertiary medical college hospital for a period of one year from Jan-2017 to Dec-2017.

Observation and results: Overall 50.4% (n=116) of the study group found with lens opacities, 39.1% (n=90) had elevated IOP, 6.5% (n=15) had elevated IOP with disc and visual field defects and 1.7% (n=4) had CSCR. The prevalence of lens opacities showed significant association with all routes of steroid intake, duration of the therapy and dose of the drug. The prevalence of elevated IOP showed significant association with
the dosage of topical, topical with sub-tenon and inhalational steroids and no significance with oral and external steroids dose. But duration of therapy was significantly associated with elevated IOP prevalence.

**Conclusion:** Prolong use of corticosteroids in any form with increase in dose raised the prevalence of ocular adverse effects. Pre-treatment documentation of baseline values and intermittent re-evaluation for side effects has to be intensified since the prevalence of adverse effects are found to be in significant numbers.

**Keywords:** corticosteroids, glucocorticoids, ocular manifestations, posterior subcapsular cataract, lens opacities, glaucoma, elevated IOP, prednisolone, inhalational steroids, topical steroids, central serous chorioretinopathy.