The regular (and sometimes clandestine) application of periocular corticosteroid cream can induce glaucoma in susceptible individuals

**The Science behind the Tip**

Steroid-induced ocular hypertension and glaucoma is typically associated with topical steroid therapy and presents with a clinical picture that resembles open-angle glaucoma. The degree of IOP elevation is related to the potency of the steroid and the route of administration. On rare occasions, this can be caused by the use of periocular steroid cream$^{1,2}$. Discontinuation of the steroid is usually all that is required to reduce the IOP.

The condition is commonly witnessed in patients with established glaucoma. Risk factors include a family history of glaucoma, diabetes and high myopia$^3$. The rise in IOP is a consequence of increased resistance to aqueous outflow, possibly through an influence on the extra-cellular matrix or endothelial cells of the trabecular meshwork$^4$.

**References**


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