



Children using topical corticosteroids for the treatment of allergic conjunctivitis must have their intraocular pressure regularly checked

The Science behind the Tip

30-40% of the population respond to topical steroids by increasing their IOP¹. A steroid response is commonly found in patients with glaucoma. Other risk factors include a family history of glaucoma, diabetes and high myopia¹. Children are particularly susceptible to an IOP increase secondary to steroid eyedrops, with more than 60% exhibiting this response².

The reason for this phenomenon is not known, but increased resistance to aqueous outflow through an effect on the extra-cellular matrix or endothelial cells of the trabecular meshwork presumably plays a role^{1,2}. Children taking topical steroids for allergic conjunctivitis should have their IOP regularly checked to avoid the development of secondary glaucoma and visual loss³.

References

- 1) Dibas A, Yorio T. Glucocorticoid therapy and ocular hypertension. *Eur J Pharmacol.* 2016; 15:57-71
- 2) Phulke S, Kaushik S, Kaur S, Pandav SS. Steroid-induced glaucoma: an unavoidable irreversible blindness. *J Curr Glaucoma Pract.* 2017; 11:67-72
- 3) Kaur S, Dhiman I, Kaushik S, et al. Outcome of ocular steroid hypertension response in children. *J Glaucoma* 2016; 25:343-47