

When severe, this can lead to irreversible sight loss affecting both



Some patients will have eye disease alone, i.e. no other organs are affected. In this case we would usually try steroid eye drops (Pred Forte) first. Steroid eye drops can cause significant side effects, such as cataracts and raised intra-ocular pressures and, therefore, we would not like you to be on high doses of steroid eye drops long-term.

Sometimes we have to supplement your therapy with steroid tablets (Prednisolone). Again steroid tablets can cause significant side effects such as raised blood pressure, raised blood sugar levels (diabetes) and bone-thinning (osteoporosis).

Steroid tablets can also cause **sight-threatening** side effects in your eye such as glaucoma and cataracts. Glaucoma means raised pressures in your eye(s) with thinning of your optic nerve. Your optic nerve is the cable from your eye to your brain. If this gets damaged by high eye pressure then you could lose some or, rarely, all of your sight. Therefore, steroid-induced glaucoma is a very serious side effect. If you are on steroids (eye drops or tablets) we need to see you **regularly** to check that your eye pressure remains normal.

Even if your uveitis is stable and your eye feels very normal we need to see you regularly to check your eye pressure. You cannot normally notice elevated eye pressure yourself (unless it is very high, in which case you should contact us urgently).

If your uveitis is severe, we occasionally have to admit you to a ward in the hospital to give you intravenous steroids (IVMP). If steroids are given through your veins, they work faster.

If you have already had cataract surgery and no family history of glaucoma, then a steroid implant (Ozurdex) can sometimes be a good option. We would normally use this only if you have got disease in only one eye.

If we are unable to taper your steroids, then we would usually escalate the treatment to a disease modifying anti-rheumatic drug (DMARD). We usually use Mycophenolate Mofetil (MMF) or Methotrexate (MTX) which have been shown to be safe and effective in the treatment of uveitis. This treatment suppresses the white blood cells in your body and prevents them from attacking your eye and causing unwanted damage.

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