



ACNE, ROSACEA, AND RELATED DISORDERS (INCLUDING HIDRADENITIS SUPPURATIVA)

OCULAR SURFACE FINDINGS IN THE TREATMENT OF ROSACEA: COMPARISON BETWEEN DOXYCYCLINE AND ISOTRETINOIN

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Introduction: Rosacea is an inflammatory chronic disease that affects skin and very often the eyes.

Objective: To evaluate and compare the ocular surface of patients undergoing systemic treatment with doxycycline or isotretinoin.

Materials and Methods: After randomization, patients were given isotretinoin (0,3-0,4/mg/kg/day) or doxycycline (100mg/day) for 16 weeks. An ophthalmologic exam including best corrected visual acuity (BCVA), Schirmer I test, tear break up time test (TBUT) and eyelid evaluation was done before and 4 months treatment. The Schirmer I test higher than 10 mm are normal. TBUT is recorded as the number of seconds that elapse between last blink and the appearance of first dry spot in tear film and values under 10 seconds are abnormal.

Results: Forty patients were included, twenty in each group, 31 females (77,5%). Prior to treatment, 64,5% had ocular symptoms (burning sensation and itching) and 93,5% BCVA equal or better than 20/30. Schirmer I test varied from 0-5 (25,8%), 6-10 (13,0%), 11-20 (16,0%) and >20 (45,2%). Most of the patients had a low TBUT (0-5s in 76,7%). Meibomian gland dysfunction was found in all patients. After treatment, there was an improvement of one line in only 6,7% of the patients and in 90% BCVA had no alterations. The Schirmer I test values remaining the same in 55.2% and reduced in 20.7% (66.7% were from doxycycline group). Regarding TBUT, 55.2% of the patients maintained pre-treatment values, 27.6% increased (62.5% in doxycycline group and 37.5% in isotretinoin) and 17.2% reduced (all in isotretinoin group). Most of the alterations in eyelid and meibomian glands remained, with no difference between groups.

Conclusion: Ocular involvement occurs in about 50% of patients with rosacea, but visual acuity is preserved. In this study both treatments were effective. The feared ocular dryness related to isotretinoin was not observed.

