



AUTOIMMUNE BULLOUS DISEASES

METHOTREXATE FOR OCULAR CICATRICIAL PEMPHIGOID. A REPORT OF 15 CASES

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INTRODUCTION: Mucous membrane pemphigoid (MMP) is a chronic autoimmune blistering disease that predominately affect the mucous membranes, including the ocular conjunctiva, and occasionally the skin. Multiple topical and systemic therapies have been used to treat patients with ocular cicatricial pemphigoid (OCP). Topical agents are ineffective in controlling OCP activity. The systemic immunomodulatory treatment is the only effective treatment to suppress the immune system.

OBJECTIVE: To evaluate the outcome of treatment with methotrexate for OCP

MATERIALS AND METHODS: Retrospective cohort study. We describe a group of 15 patients with confirmed biopsy of OCP. Everyone presented therapeutic failure with topical treatments and with hydroxychloroquine. We evaluate the treatment with methotrexate as a single noncorticosteroid immunosuppressive agent, between 2015 and 2017. Main outcomes included, clinical characteristics, dosage, route of administration and side effects of methotrexate and remission.

Remission was defined as absence of progressive scarring and active ocular inflammation for more than 2 months.

RESULTS: We describe a group of 15 patients, 10 women (66,7%) and 5 men (33,3%). Mean age at diagnosis was 66,3 years old. Everyone received 15mg weekly of Methotrexate orally. Only 6 (40%) completed treatment for one year, the rest (60%) is still in treatment. Of those who completed treatment, 4 of them (66,7%) had complete remission. Only 1 (16,67%) presents relapse after 6 months of treatment. Of the 15 patients, only 3 (20%) presented an increase in hepatic enzymes as of the date. 2 of them had previous liver disease.

CONCLUSIONS: These retrospective data suggest that Methotrexate is efficacious and





well tolerated when included for the treatment of OCP. Although it still takes time for everyone to complete the treatment.

