

# Comparison of the clinical efficacy of two different immunosuppressive regimens in patients with chronic Vogt-Koyanagi-Harada disease

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**Purpose:** To prospectively compare 2 immunosuppressive regimens in patients with active Vogt-Koyanagi-Harada disease in spite of systemic glucocorticoid treatment. **Methods:** Forty-four patients were diagnosed between 1998 and 2005. Twenty-one developed chronic intraocular inflammation in spite of glucocorticoid treatment and were randomized to receive either prednisone and azathioprine (AZA) (n = 12) or prednisone and cyclosporine (CyA) (n = 9). **Results:** In the AZA group Tyndall score decreased from  $1.21 \pm 1.10$  to  $0.29 \pm 0.62$  ( $p < .01$ ), and visual acuity (LogMAR) improved from  $0.32 \pm 0.35$  to  $0.09 \pm 0.16$  ( $p < .001$ ). In the CyA group Tyndall score decreased from  $1.67 \pm 1.08$  to  $0.16 \pm 0.51$  ( $p < .001$ ), and visual acuity improved from  $0.41 \pm 0.40$  to  $0.25 \pm 0.42$  ( $p < .001$ ). Patients in the AZA group needed a significantly higher average prednisone dose and total

cumulative dose than those in the CyA group,  $p < .01$  for each comparison. Conclusions: Both regimens showed a good clinical efficacy, but CyA seems to be a bett