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News-Screen Menopause

P. Frigo

■ Effect of Artificial Tears on Automated Visual Field Testing in Patients with Glaucoma and Dry Eye

Kocabeyoglu S, et al. *Can J Ophthalmol* 2013; 48: 110–4.

Abstract

Objective: To evaluate the effects of artificial tears on automated visual field (VF) testing in patients with glaucoma with dry eye syndrome. **Design:** Prospective study. **Participants:** Fifty eyes of 50 patients with medically treated primary open-angle glaucoma (POAG) were recruited for this study. The patients were subdivided into 2 subgroups: those with dry eye syndrome (group I) and those without dry eye syndrome (group II). **Methods:** Tear break-up time, Lissamine green staining, and Schirmer I test with topical anesthesia were performed in the same order in all patients. Ocular Surface Disease Index questionnaire was completed by the patients. All participants underwent automated perimetry using the 24-2 SITA (Swedish interactive threshold algorithm) standard strategy before and after 1-week treatment with a lubricating eye drop 4 times daily. VF results were compared before and after the treatment using Wilcoxon signed rank test, and Mann-Whitney test was performed to compare the results of patients in groups I and II. **Results:** Of the 50 patients, 25 (50 %) were diagnosed with dry eye syndrome. No significant differences between both groups were found with respect to age ($P = 0.779$) and glaucoma duration ($P = 0.722$). In patients with glaucoma with dry eye syndrome, there was a significant improvement in test duration, mean deviation, and the number of depressed points at probability level less than 0.5 % and less than 1 % in pattern deviation plots after the treatment ($P < 0.05$). **Conclusions:** The use of artificial tears in patients with glaucoma with dry eye syndrome decreased VF testing time and improved test results.

Für die Praxis

Diese Studie zeigt vor allem, dass trockene Augen auch durch hohen Augendruck ausgelöst werden können. Daher sollte bei Augenbeschwerden auch immer ein augenärztlicher Befund erhoben werden, um z. B. ein Glaukom auszuschließen. In den meisten Fällen handelt es sich allerdings um die klassische Konjunktivitis sicca der menopausalen Frau, die auf einem Östrogendefizit beruht.

■ Ocular Surface Changes in Thyroid Eye Disease

Ismailova DS, et al. *Orbit* 2013; 32: 87–90.

Abstract

Purpose: To study the incidence and risk factors of ocular surface damage in thyroid eye disease (TED) and to determine histological changes underlying positive vital stain-

ing in this condition. **Methods:** Forty-six patients (92 eyes) with TED were included in this study. Routine ophthalmologic examination, Schirmer test I, vital staining and corneal sensitivity were performed. Fifteen patients with positive vital staining underwent impression cytology and incisional biopsy. **Results:** Positive vital staining with lissamine green was observed in 56 eyes (60.9 %), 30 patients (65.2 %). The average degree of staining was 4.57 ± 0.44 (National Eye Institute Workshop grading system). Severe dry eye syndrome was found in 16 %. The following histological changes of conjunctiva were revealed: significant epithelial dystrophy with cell polymorphism, goblet cells loss, excessive desquamation and epithelial keratinization with local leukocytic infiltration of substantia propria. **Conclusions:** According to our results dry eye syndrome is present in 65.2 % of patients (60.9 % eyes) with TED. Significant risk factors of ocular surface damage in TED were exophthalmos, lagophthalmos, palpebral fissure height and lower lid retraction. Positive conjunctival staining results from punctate epithelial erosions and excessive desquamation of superficial cells. Histopathologic changes detected in conjunctiva consistent with dry eye and are not specific for TED.

Für die Praxis

Schilddrüsenerkrankungen und im Besonderen die Hyperthyreose können auch Augenprobleme hervorrufen. Die so genannte Grave-Erkrankung kann zu Exophthalmus und Schädigung der Cornea führen. Daher sollten bei jedem Hormonstatus auch die Schilddrüsenhormone mitbestimmt werden.

■ Effectiveness of Hormone Therapy for Treating Dry Eye Syndrome in Postmenopausal Women: A Randomized Trial

Piwkumsribonruang N, et al. *J Med Assoc Thai* 2010; 93: 647–52.

Abstract

Background: The efficacy of hormone therapy (HT) on dry eye syndrome remains debatable. **Objective:** To study the efficacy of HT on dry eye syndrome. **Material and method:** A randomized controlled, double blind, parallel group, community-based study in 42 post-menopausal patients was conducted. The patients had dry eye syndrome and were not taking any medications. They were assigned to one of two groups. Group A comprised 21 patients given transdermal 17 beta-estradiol (50 mg/day) and medroxy progesterone acetate (2.5 mg/day) continuously for three months and group B comprised 21 patients given both transdermal and oral placebo. Participants in the study were included for final analysis. The improvement of dry eye symptoms were measured by visual analog scale, tear secretion, intraocular pressure, corneal thickness, and tear breakup time determined before treatment and at 6 and 12 weeks of treatment. **Results:** At 12 weeks, the number of patients who reported

improvement of dry eye symptoms was greater in the HT group than that in the placebo group. However, the difference was not statistically significant (RR 0.25, 95-% CI 0.04–2.80 and 0.60, 95-% CI 0.33–2.03 in right and left eye, respectively). For other parameters, there was no significant difference between the two groups. **Conclusion:** According to the present study, there is no strong evidence to support the use of HT for treating dry eye syndrome. The limited number of participants included in the present study may have contributed to the insignificant effects.

Für die Praxis

In dieser Studie wird der Nutzen einer systemischen Hormonersatztherapie bei einer Konjunktivitis sicca infrage gestellt, dann aber auch die Studie an sich aufgrund nur weniger Probandinnen. Die Erfahrung lehrt, dass eine Hormonersatztherapie prinzipiell sicher einen positiven Einfluss auf eine Sicca-Symptomatik haben sollte.

■ Treatment of Menopausal Keratoconjunctivitis Sicca with Topical Oestradiol

Sator MO, et al. *Br J Obstet Gynaecol* 1998; 105: 100–2.

Abstract

Objective: To investigate the effect of 17 beta-oestradiol ophthalmic drops in comparison with a traditional tear substitute in postmenopausal women with keratoconjunctivitis sicca. **Design:** Randomised prospective trial. **Setting:** Menopause clinic. **Participants:** Eighty-four postmenopausal women suffering from keratoconjunctivitis sicca and necessitating a hormone replacement therapy (HRT) for general climacteric symptoms. **Methods:** The women were randomised into two groups and were given 17 beta-oestradiol eye drops (n = 42, group 1) or a tear substitute (n = 42, group 2). Both groups received a systemic HRT. **Main outcome measures:** A Schirmer's test was performed immediately before the beginning of therapy and after four months. In addition, eye symptoms were assessed using a visual analogue scale. **Results:** A comparison of visual analogue scores at four months in the women who received 17 beta-oestradiol eye drops versus those who received a tear substitute demonstrated a statistically significant difference in all observed ocular symptoms (P < 0.0001). The Schirmer's test revealed a significant difference of results before and after treatment in the oestradiol group (P < 0.0001) while in group 2 no significant difference was found. **Conclusions:** Our study demonstrates that topical oestrogen is successful in treating keratoconjunctivitis sicca while it seems that the blood-eye barrier prevents systemic oestrogens from acting on the conjunctivae.

Für die Praxis

In dieser Studie zeigt sich, dass bei Keratokonjunktivitis sicca nicht unbedingt eine systemische Therapie notwendig ist – eine lokale Therapie mit Östradiol-haltigen Augentropfen scheint ausreichend, um die Symptome gegenüber einem normalen Tränenersatzmittel deutlich besser zu behandeln. Die Augentropfen sind leider nicht im Handel und müssen als Magistraliter-Rezept verschrieben werden. Rezeptur beim Autor erhältlich.

■ Punctal Plugs Versus Artificial Tears for Treating Primary Sjögren's Syndrome with Keratoconjunctivitis Sicca: A Comparative Observation of Their Effects on Visual Function

Qiu W, et al. *Rheumatol Int* 2013 [Epub ahead of print].

Abstract

To compare the effects of treatment with punctal plugs versus artificial tears on visual function for primary Sjögren's syndrome with dry eye. Forty-two eyes of 42 patients with primary Sjögren's syndrome were enrolled and were allocated randomly into artificial tears (AT) group and punctal plugs (PP) group. Ocular Surface Disease Index (OSDI) was used, and fluorescent staining for tear film break-up time (BUT), the Schirmer test I (STI) and contrast sensitivity was performed before treatment and was repeated 3 months after treatment. A follow-up of 3 months was achieved in 40 eyes of 40 patients, including 19 eyes in artificial tears group and 21 eyes in punctal plugs group. Statistically significant improvements were observed in the OSDI scores (AT: 52.6 ± 5.7, 15.9 ± 4.2; PP: 55.8 ± 4.9, 15.1 ± 4.2), corneal fluorescein staining scores (AT: 2.60 ± 1.76, 0.30 ± 0.57; PP: 1.91 ± 1.60, 0.09 ± 0.29), STI (AT: 3.85 ± 2.03, 8.95 ± 2.72; PP: 3.36 ± 1.62, 11.41 ± 2.65), and BUT (AT: 2.60 ± 1.39, 6.00 ± 1.81; PP: 2.27 ± 1.12, 7.82 ± 1.84) after treatment compared to those of pre-treatment. The values of STI (AT: 5.10 ± 1.80; PP: 8.05 ± 1.53) and BUT (AT: 3.40 ± 1.31; PP: 5.68 ± 1.13) in punctal plugs group were significantly more improved than those in the artificial tears group. The medium- and high-level frequencies contrast sensitivities were greatly improved in simulated daylight, night, and glare disability conditions after treatment with artificial tears and punctal plugs. However, the changes in contrast sensitivity did not significantly differ between groups. Both artificial tears and punctal plugs relieved dry eye symptoms, repaired corneal lesions, enhanced tear film stability, and improved contrast sensitivity. Punctal plugs could improve tear film stability and elongate the BUT better than artificial tears.

Für die Praxis

Trockene Augen zählen zu häufigen Beschwerden in der Menopause. In dieser Arbeit wird künstliche Tränenflüssigkeit mit der Methode der „punctal plugs“ verglichen; bei dieser Methode wird die Fluktuation an eigener Tränenflüssigkeit durch Offenhalten des Tränenkanals mithilfe von so genannten „plugs“ (= kleinen Zylindern) verbessert und damit die Trockenheit des Auges verringert – eine interessante Alternative zu täglichem Eintropfen.

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