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## Investigation of the effects of systemic isotretinoin treatment on retinal nerve fiber layer and macula

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**Purpose:** To investigate the effects of systemic isotretinoin therapy on retina by measuring retinal nerve fiber layer (RNFL) and macular thicknesses.

**Method:** This prospective, cross-sectional study was conducted in patients prescribed systemic isotretinoin therapy. Seventy-two eyes of 36 patients were included in the study. The patients were followed during three months. Detailed ophthalmologic examination including anterior and posterior segment examination, best corrected visual acuity and intraocular pressure measurement, RNFL and macular thicknesses measurement by Spectral Domain Cirrus Optical Coherence Tomography Model 400 (Carl Zeiss Meditech, Jena, Germany) were performed at baseline, first, second and third months after the beginning of systemic isotretinoin therapy in ophthalmology clinic.

**Result:** Thirty (83.3%) of the 36 patients were women and

six (16.7%) of them were men. Mean age was 21.17 years. Mean RNFL thickness in the temporal quadrant at first, second, third months after beginning of treatment were found as significantly lower compared to baseline ( $p < .001$ ). Mean macular thicknesses in superior outer, nasal outer and temporal outer quadrants at second and third months after beginning of treatment were found to be significantly lower compared to baseline and first month after beginning of treatment ( $p = .001$ ,  $.002$  and  $.001$ , respectively). Macular thicknesses in superior inner quadrant at first, second and third months were found to be significantly lower than baseline values ( $p < .01$ ). No significant difference was detected between groups in other quadrants ( $p > .05$ ).

**Conclusion:** The effect of oral isotretinoin therapy may cause regional thinning in RNFL and macula, directly visible part of central nervous system.

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