

Idiopathic Intracranial Hypertension Treatment Trial (IIHTT) - 2014



Objective

To report baseline clinical presentations and diagnostic features of patients with untreated idiopathic intracranial hypertension (IIH).

Methods

Design: Double-blinded RCT

Sample Size: 165

Treatment Groups:

- 86 to acetazolamide
- 79 to placebo

All patients were given escalating maximum doses and followed a low sodium diet

Outcome Measures:

- Change of visual field loss (PMD)
- Change of optic disc edema
- Change of CSF pressure

Results

Point 1: The acetazolamide group had a statistically significant ($P = 0.050$) improvement in mean visual field deviation (PMD) [+1.24 vs. +0.71]

- Most of the change occurred during the first month while escalating the acetazolamide dosage to the maximum tolerated

Point 2: Both the acetazolamide group and placebo group improved in papilledema grade, but the acetazolamide group improved more

- Acetazolamide -1.31 , Placebo -0.61 ($P < 0.001$)

Point 3: A variety of secondary outcomes showed promising benefit of acetazolamide

- Both the acetazolamide group and placebo group improved CSF pressures, but the acetazolamide group improved over twice as much
- The acetazolamide group had increased adverse effects (most notably paresthesia and nausea), but no permanent effects
- Visual quality of life measures were both statistically and clinically significantly better in acetazolamide group than placebo group

TLDR: Use of acetazolamide and a low sodium diet had better outcomes than patients taking placebo without permanent side effects.