The PeriOcular vs. INTravitreal corticosteroids for uveitic macular edema (POINT) Trial - 2019



Objective

To determine whether periocular or intravitreal corticosteroids are more effective in the treatment of uveitic macular edema

Methods

Design: multi-center randomized clinical trial

Sample Size: 230 eyes

Treatment Groups:

- 73 periocular triamcinolone acetonide (PTA)
- 79 intravitreal triamcinolone • acetonide (ITA)
- 78 intravitreal dexamethasone • implant (IDI)

Outcome Measures:

• Central subfield thickness (CST) change, BCVA, IOP, change in macular edema

Results

Point 1: Intravitreal corticosteroids were more effective than periocular corticosteroids

- By 8 weeks, all treatments resulted in central subfield thickness (CST) reduction • (ITA and IDI significantly greater than PTA)
- ITA and IDI groups had greater BCVA improvement than the PTA group at 8 weeks (p<0.004)
- IDI and ITA were superior to PTA in improving and/or resolving uveitic macular edema

Point 2: Intravitreal corticosteroid treatment had a higher risk of increased IOP

- When compared to periocular corticosteroids: ITA treatment had a hazard ratio (HR) of 1.83, and the IDI group had a HR of 2.52
- There were no significant differences between intravitreal groups

TLDR: Use of intravitreal corticosteroids for uveitic macular edema is more effective than periocular corticosteroids. However, intravitreal corticosteroids had a higher risk of increased IOP.

Thorne JE, Sugar EA, Holbrook JT, Burke AE, Altaweel MM, Vitale AT, Acharya NR, Kempen JH, Jabs DA; Multicenter Uveitis Steroid Treatment Trial Research Group. Periocular Triamcinolone vs. Intravitreal Triamcinolone vs. Intravitreal Dexamethasone Implant for the Treatment of Uveitic Macular Edema: The PeriOcular vs. INTravitreal corticosteroids for uveitic macular edema (POINT) Trial. Ophthalmology. 2019 Feb;126(2):283-295. doi: 10.1016/j.ophtha.2018.08.021. Epub 2018 Sep 27. PMID: 30269924; PMCID: PMC6348060.