

Fluoromethalone 0.1% (FML, Flucon) is a structured analogue of progesterone and is very effective in reducing ocular surface inflammation with a low potential for IOP elevation. It is therefore a popular choice for surface disease.

Medrysone 1%, another synthetic derivative of progesterone, is the least potent of the available ophthalmic steroids. It is very popular for ocular surface disease as it does not cause a significant rise in IOP.

Loteprednol etabonate 0.2%, available in the USA, represents a 'soft drug' designed to maximise therapeutic effect while minimising side-effects. It has proven to be very effective in the treatment of allergic conjunctivitis. It is however not yet available in South Africa.

Table IV lists ophthalmic corticosteroids.

CONCLUSION

Allergic conjunctivitis is often a chronic condition and remains difficult to manage effectively. It is therefore wise to adopt a step-care approach, starting with identifying and avoiding the antigen and progressing step by step to the top of the ladder where the use of steroids may become unavoidable (Fig.1). Educating the patient to understand the condition and supplying the patient with all the step-care knowledge will aid him or her in controlling symptoms adequately and will therefore reduce dependency on drug therapy.

Declaration of conflict of interest

The author has no conflict of interest.

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ATTENTION ALLSA MEMBERS

This is to inform you that the 2006 ALLSA Annual General Meeting (AGM) will be held at the Sun City Convention Centre during the ALLSA Congress.

TIME: 17h30

DATE: Friday 8th September 2006

VENUE: Sun City Convention Centre

AGENDA

1. Minutes of the previous meeting

2. Matters arising

3. Secretary's report

4. Treasurer's report

5. Portfolio Reports

Journal

Research

Education/Training

Policy/Advocacy

6. General

7. Announcement of the new Excom

Dr Sharon Kling

Dr Adrian Morris

Professor Heather Zar

Professor Mohamed Jeebhay

Dr Sharon Kling

Dr Andrew Halkas