

**Did you know that uveitis, a condition that affects the eyes, is more common in people with psoriasis and psoriatic arthritis? Uveitis often happens in people who have an autoimmune condition. This is where the immune system mistakenly attacks healthy tissue. The risk is higher if gene HLA B27 is present, which is common in spondylitis subgroups.**

Uveitis means inflammation of the uvea. This can affect the iris (iritis), ciliary body (cyclitis) or the choroid (choroiditis). Symptoms depend on whether all or just part of the uvea is affected, but may include:

- dull, aching pain in the eye
- redness
- blurred or misty vision
- a muddy appearance to the coloured iris in the affected eye
- a pupil appearing smaller than on the other side and irregular in outline.

Symptoms can affect one or both eyes. Inflammation is thought to result from the immune system attacking the cells of the uvea. Treatment of uveitis is required urgently, to stop the inflamed iris from sticking to the lens behind. This would cause permanent damage to the eye and can also trigger glaucoma (a rise in fluid pressure in the eye due to blocked drainage channels). Uveitis often returns from time to time and it can occur whether arthritis currently active or not.



**Note:** Children with psoriatic arthritis should have regular screening tests for uveitis as they may not develop symptoms until their eyesight has been damaged and irreversible visual impairment takes place.



## Treatment

Inflammation is damped down with eye drops containing corticosteroid drugs. In severe cases, you may also need to take steroid tablets by mouth to boost the effect of the drops.

Eye drops that relax the iris and ciliary body are also used. These make the pupil dilate and ensure that an inflamed iris does not stick to the eye lens (posterior synechia).

The inflammation is monitored by regular examination of the eye using a slit-lamp. If steroid eye drops are used for prolonged periods, the fluid pressure in the eye will also need to be checked regularly. This is because long-term use of steroid drops can cause a form of glaucoma.

If you are worried about your vision, contact your healthcare provider as soon as possible, particularly if you have persistent eye pain or an unusual change in your vision.

### Useful contact

The Royal College of Ophthalmologists can provide a list of practising eye specialists:

[www.rcophth.ac.uk](http://www.rcophth.ac.uk)

**NHS UK:**

[www.nhs.uk/conditions/uveitis/causes/](http://www.nhs.uk/conditions/uveitis/causes/)

Source:

**PAPAA Knowledge bank**