

## **Peribulbar triamcinolone for diabetic macular edema: efficacy without effects on glycemic control**

Authors: Salim Ben Yahia, Ines Khochtali, Haikal Neifar, Salma Gargouri, Thameur Fattoum, Moncef Khairallah, Monastir, Tunisia

### **Advantages:**

To manage diabetic macular edema (DME) with peribulbar injection of triamcinolone, known to have lower rate of ocular complications than intravitreal injection.

### **Methods:**

A single peribulbar injection of triamcinolone (40 mg) was performed. Outcome measures included changes in logMAR best-corrected visual acuity, central macular thickness (CMT), and blood glucose and glycated hemoglobin (HbA1c) levels 3 months after injection.

### **Effectiveness / Safety:**

Visual acuity improved from 1.24 to 0.97 (P= .06) and CMT from 517  $\mu$ m to 373  $\mu$ m (P= .009). No significant changes in the blood levels of glucose (P= .93) and HbA1c (P= .76) were observed.

### **Take home message:**

Peribulbar injection of triamcinolone seems to be an effective treatment for diffuse diabetic macular edema without inducing significant changes in glycemic parameters.