

Outcome Pattern of Mycophenolate Mofetil in Combination with Low Dose Steroid in Graves' Orbitopathy

*Islam M¹, Aich PP², Kabir S³, Khan MA⁴, Mustari M⁵, Selim S⁶, Fariduddin M⁷

¹Mazharul Islam, Resident, Department of Endocrinology, Bangladesh Medical University, Dhaka, Bangladesh; ²Partha Pulak Aich, Resident, Department of Endocrinology, Bangladesh Medical University, Dhaka, Bangladesh; ³Shawkat Kabir, Professor, Department of Community Ophthalmology, Bangladesh Medical University, Dhaka, Bangladesh; ⁴Marufa Mustari, Assistant Professor, Department of Endocrinology, Bangladesh Medical University, Dhaka, Bangladesh; ⁵Murshed Ahamed Khan, Associate Professor, Department of Endocrinology, Bangladesh Medical University, Dhaka, Bangladesh; ⁶Shahjada Selim, Associate Professor, Department of Endocrinology, Bangladesh Medical University, Dhaka, Bangladesh; ⁷Md. Fariduddin, Professor, Department of Endocrinology, Bangladesh Medical University, Dhaka, Bangladesh

Abstract

Background: Graves' orbitopathy (GO) is a debilitating autoimmune condition associated with thyroid disease. Despite corticosteroids being the primary treatment, many patients show inadequate responses or relapse.

Aim: To evaluate the outcome of mycophenolate mofetil combined with low-dose steroids in treating active moderate to severe GO.

Methods: In this hospital based prospective observational longitudinal study, total 40 patients with GO were included. Three follow-ups were conducted during the study period. Data were collected using case-record forms and analyzed with SPSS-26.

Results: Comparing CAS on 6 months with treatment and baseline CAS shows significant improvement on both eye (right eye's P value is 0.001 and left eye's P value is 0.025). Spontaneous retro-orbital pain, pain on eye movement, redness, and swelling of the caruncle and conjunctiva significantly reduced over the treatment period, while eyelid swelling showed a slight decrease. Lid retraction, soft tissue involvement improved in both eyes, although changes of diplopia and ocular motility are not statistically significant. Regarding outcome pattern, majority of participants (68.8%) demonstrated significant improvement, while 31.3% showed unchanged/static.

Conclusion: MMF combined with low-dose prednisolone may be considered for the treatment of moderate to severe GO, as steroid sparing agent. [*J Assoc Clin Endocrinol Diabetol Bangladesh*, 2025;4(Suppl 1): S40]

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Presenting & Corresponding author: Dr. Mazharul Islam, Department of Endocrinology, Bangladesh Medical University, Dhaka, Bangladesh. Contact-01831101077.
E-mail- mazharsohel711@gmail.com