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Uveitis and Menstrual Cycle

C Shangvi et al, Eye(2004) 18, 451-454

Summary Report of Article

An increase in inflammation in women with asthma, rheumatoid arthritis, psoriatic arthritis, and appendicitis has been noted during late phase of menstrual cycle. In this study of 76 regularly menstruating (28 day cycle) adult women (mean age 31.5) with uveitis, an increase in incidence of acute anterior uveitis was noted during late stage of menstrual cycle. Late stage of menstrual cycle was defined as postovulatory, starting on day 17 of menstrual cycle. Some attacks were also noted on day 9-12 and days 13-16, but the greatest number of attacks occurred on days 25-29. 17 % were on oral contraception, but contraception therapy has same decrease in hormones on day 22 of pill pack as during the late stage of menstrual cycle. The authors postulated that the rapid withdrawal of the anti-inflammatory effects of estrogen and/or progesterone in the late luteal phase may explain the increase in inflammatory attacks during late menstrual cycle. [Read Article](#)

No recent studies have been published directly relating to menstruation, but others have been done looking at female hormone effects on uveitis:

1. [Hormonal Changes Influence Uveitis Activity](#)
2. [Eye Disease in Women](#)
3. [Reproductive Life Stages Drive Meaningful Changes in Uveitis Activity, Study Finds](#)
4. [The Role of Estradiol in Idiopathic Anterior Uveitis during the Eumenorrheic Stage of Life](#)