

# Steroids not effective in the treatment of chest infections in non-asthmatic adults

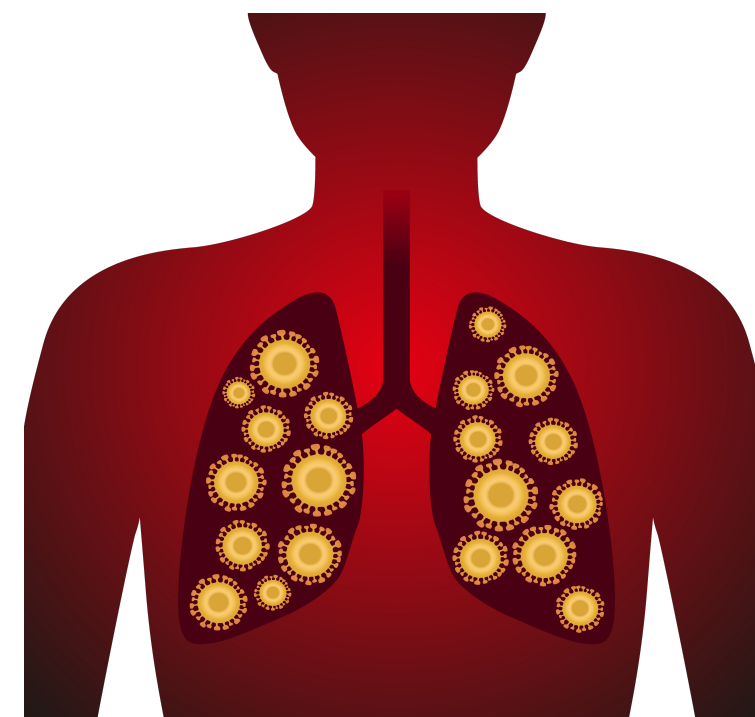


## ORAL STEROIDS FOR ACUTE COUGH

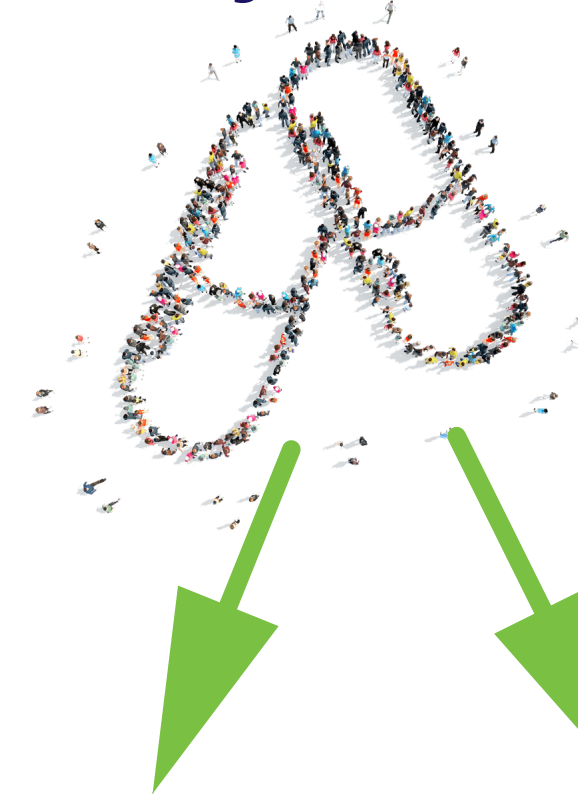
Chest infections are one of the most common problems in primary care, often treated inappropriately with antibiotics. Corticosteroids are increasingly used in some parts of the world for chest infections but without sufficient evidence.



**398** patients  
**54** family practices



**40mg daily**  
**5 day course**



**198** Prednisolone  
**200** placebo

## RESULTS AFTER 5 DAY COURSE OF ORAL PREDNISOLONE

No reduction was seen in the duration of a moderately severe cough or symptom severity between days 2 and 4 of treatment.

## CONCLUSION

Among adults without asthma who developed chest infections the use of oral prednisolone for five days did not reduce symptom duration or severity.