
Tilmelding af Foredrag

Foredragets titel

Lack of evidence of the effects and side-effects of the systemic injected and oral corticosteroids in treatment of CRS

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Introduktion

Background: Chronic rhinosinusitis (CRS) is a common disorder, which has a significant impact on the individual's quality of life. When first line treatment fails patients are treated with oral or injected systemic corticosteroids. Although the European Position Paper on Rhinosinusitis and Nasal Polyps (EPOS) guidelines do not mention injected corticosteroids it is commonly used by general practitioners as well as oral corticosteroids (OCS). While the risks of systemic corticosteroids are well known, benefits of injected versus oral corticosteroids remains unclear due to the absence of a standardized prescribing regimen.

Aims: To investigate the effects and side-effects of systemic corticosteroids in treating CRS and the pros and cons for the injected versus the oral treatment method.

Materiale/metode

A systematic search was performed on the PubMed and Embase databases looking for studies that report on the effect and/or side-effects of systemic corticosteroids in the treatment for CRS. Data from included articles was extracted.

Resultater

46 studies were identified; four studies reported on injected systemic corticosteroids, nine focused on systemic corticosteroids consumption perioperatively, 21 addressed the effects of OCS, six attended the side-effects and six focused on the responsiveness of systemic corticosteroids. Five studies concluded that there were beneficial effects to OCS treatment perioperatively, while four articles concluded that there was no effect of the treatment. 19 articles reported that oral corticosteroids resulted in improvement on symptoms and two studies reported that there were no adverse side-effects to OCS. Two articles presented a longer lasting effect of injected corticosteroids than OCS. Three studies reported on adverse side-effects to systemic corticosteroids, while two studies showed no adverse side-effects.



Diskussion

Systemic corticosteroids are widely used to treat CRS. There is a lack of studies comparing the OCS and injected corticosteroids. There is a great support for the beneficial effects of systemic corticosteroids, though adverse side-effects are also outlined. There is a definite need for more investigation.

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