



## ORAL CORTICOSTEROID (PREDNISONE) IN SINUSITIS

### A Commonly Used Treatment

Oral corticosteroids are medications commonly used in the treatment of inflammatory disorders, including Chronic Rhinosinusitis (CRS). While they come with well-established side effects, their benefits in managing CRS symptoms are significant. It's essential to understand both the positive and negative aspects when considering corticosteroid therapy.

Corticosteroids may lead to various side effects, including:

#### **Adrenal Suppression and Insufficiency**

*Steroid may reduce the natural hormones produced by your adrenal glands, leading to fatigue and affecting your stress response. This is uncommon with short term use (less than 3 weeks).*

#### **Neuropsychiatric Disturbances**

*The medication could impact your mood and emotions, possibly causing insomnia as well as feelings of anxiety or mood swings.*

#### **Gastrointestinal Distress**

*The medication might cause stomach and digestive issues, such as discomfort or reflux.*

#### **Positive Effects on CRS**

Research indicates that oral corticosteroids effectively reduce CRS symptoms, especially in the presence of nasal polyps (CRSwNP). Even short courses (up to 14 days) show persistent benefits for up to 12 weeks. The positive effects include a significant reduction in symptoms and improvements in objective measures such as polyp burden.

#### **Limited Data on CRSsNP**

Studies on the impact of oral corticosteroids on CRS without nasal polyps (CRSsNP) are limited. Existing research lacks adequate control groups to assess the specific effects attributable to oral corticosteroids in this subgroup.

#### **Recommendations**

Considering the balance between benefits and risks, the following recommendations are made by leading experts in the scientific community:



### **For CRSwNP (Sinusitis with nasal polyps)**

- Short courses of oral corticosteroids (up to 14 days) are recommended for managing symptoms.
- Benefits, including symptom reduction and improved objective measures, outweigh potential risks.
- Consult with your healthcare provider to determine the appropriate dosage and duration for your specific condition.

### **For CRSsNP (Sinusitis without nasal polyps)**

- Limited evidence exists for the use of oral corticosteroids in CRS without nasal polyps.
- Consult with your Specialist to discuss alternative treatment options, as the specific benefits of corticosteroids in this subgroup are uncertain.

### **Conclusion**

Corticosteroids play a crucial role in controlling inflammation in CRS, particularly with nasal polyps. While potential side effects exist, the overall benefits of short and infrequent courses appear to outweigh the risks. Individualized discussions with your Specialist are essential to determine the most suitable treatment plan based on your specific condition and medical history.

