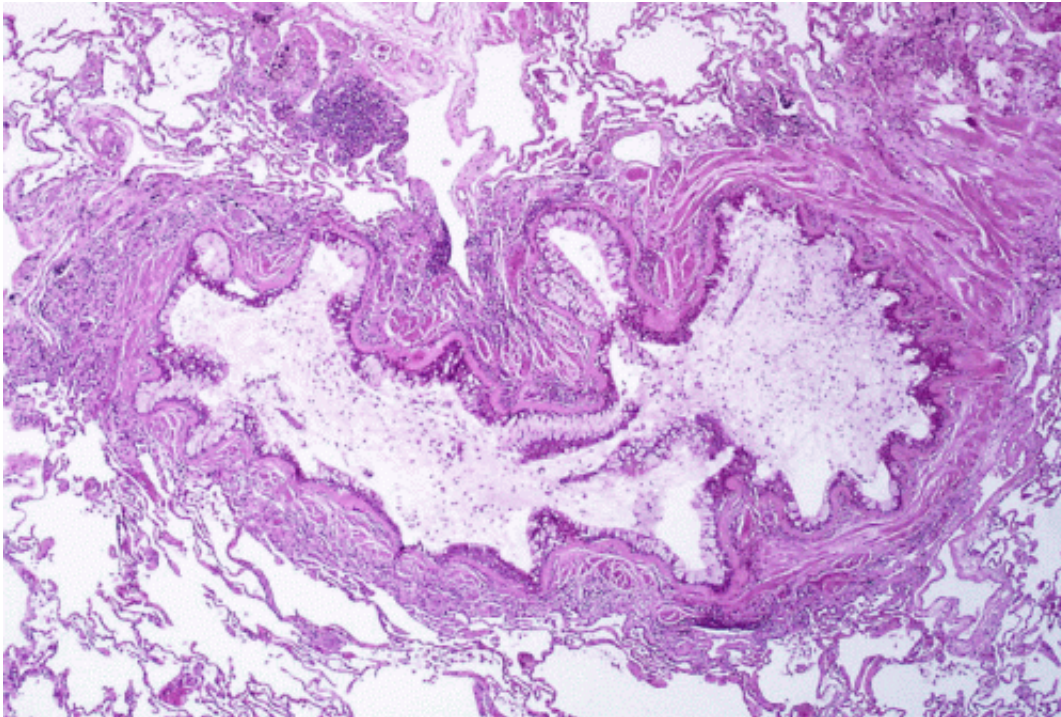


Inhaled steroids may increase pneumonia risk in people with asthma

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Obstruction of the lumen of a bronchiole by mucoid exudate, goblet cell metaplasia, and epithelial basement membrane thickening in a person with asthma. Credit: Yale Rosen/Wikipedia/CC BY-SA 2.0

Use of inhaled corticosteroids was linked with an increased risk of pneumonia in a study of individuals with asthma.

In the study of 152,412 asthma patients (of whom 1928 had a

pneumonia event during follow-up), current use of [inhaled corticosteroids](#) was associated with an 83% increased risk of being hospitalized for pneumonia.

This risk was greatest with higher doses, and dispensing of 500 µg or more of fluticasone-equivalent per day was associated with a 96% increase. Increased risks were seen with both budesonide (167% increase in risk) and fluticasone (93% increase in risk).

"While the increase in risk of pneumonia with the use of inhaled corticosteroids is well recognized in chronic obstructive pulmonary disease (COPD), in [asthma patients](#) the evidence has been equivocal. Our study suggests the risk may be present in asthma, although [pneumonia](#) in patients with asthma remains unusual and inhaled corticosteroids remain the best therapy available," said Dr. Pierre Ernst, senior author of the *British Journal of Clinical Pharmacology* study.

More information: Christina J. Qian et al, Pneumonia Risk in Asthma Patients using Inhaled Corticosteroids: A Quasi-Cohort Study, *British Journal of Clinical Pharmacology* (2017). [DOI: 10.1111/bcp.13295](https://doi.org/10.1111/bcp.13295)

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