

## Steroids Contraindicated for Dengue

Steroid use is not recommended by the World Health Organization (WHO) for treating dengue patients. Steroids are a risk factor for developing stress ulceration and upper gastrointestinal (GI) bleeding in critically ill patients. Furthermore,

- There is no evidence of efficacy, and recent studies recommend not using steroids routinely<sup>1-3</sup>.
- There is no convincing physiological rationale for the use of treating dengue
- Potential side effects include the following:
  - GI bleeding
  - Hyperglycemia
  - Immunosuppression

### References

1. Rajapakse S, *Trans Royal Soc of Trop Med Hyg*, 2009; 103: 122-126.
2. Panpanich et al, *Cochrane Database Syst Rev*, 2006; 19(3)
3. Simmons CP, Farrar JJ, Vinh Chau N, Wills B. *New Eng J Med* 2012; 366 (15): 1423-32

