

## Budesonide with saline solution helpful for rhinosinusitis

July 9 2018

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(HealthDay)—The addition of budesonide to a saline nasal lavage for the

treatment of chronic rhinosinusitis provides clinically meaningful benefits, according to a study published online June 7 in *JAMA Otolaryngology-Head & Neck Surgery*.

Sarah Tait, from the Washington University School of Medicine in St. Louis, and colleagues performed a double-blind, placebo-controlled randomized trial to evaluate the incremental effect of adding budesonide to large-volume, low-pressure saline sinus irrigation for the treatment of [chronic rhinosinusitis](#). A total of 80 patients were enrolled, and 61 completed all analyses. Participants were provided with a sinus rinse kit that included saline and capsules containing either budesonide (treatment group) or lactose ([control group](#)).

The researchers found that the budesonide group had a mean score on the Sino-Nasal Outcome Test (SNOT-22) that was 7 points better (95 percent confidence interval, -2 to 16) than the control group, with 79 percent in the budesonide group experiencing a clinically meaningful reduction in their SNOT-22 scores versus 59 percent in the control group, for a difference of 20 percent (95 percent confidence interval, -2.5 to 42.5 percent). The average change in endoscopic scores also favored the budesonide group.

"Given the imprecision in the treatment effect, further research is warranted to define the true effect of [budesonide](#) in saline nasal lavage," the authors write.

One author received royalty income for use of the SNOT-22 instrument. NeilMed provided the rinse bottles and [saline solution](#) for the study.

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Citation: Budesonide with saline solution helpful for rhinosinusitis (2018, July 9) retrieved 4 May 2024 from <https://medicalxpress.com/news/2018-07-budesonide-saline-solution-rhinosinusitis.html>

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