**REPORT**

###### Tuesday, April 18, 2017

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**“Study Examines Effectiveness of Steroid Medication for Sore Throat”**

**TEASE RUNS: 9 seconds**

**CAN A CORTICOSTEROID RESOLVE SORE THROAT SYMPTOMS IN ADULTS WHO DON’T REQUIRE ANTIBIOTICS AND SHOULD DOCTORS EVEN CONSIDER THIS TREATMENT? … THAT’S NEXT.**

**JAMA 4058**

**TRT: 1:47**

**Tuesday, April 18, 2017, 11 AM ET**

**INTRO: SORE THROAT IS A COMMON SYMPTOM THAT SENDS PATIENTS TO THEIR DOCTORS, WHO OFTEN PRESCRIBE ANTIBIOTICS WHEN THEY WON’T HELP AND AREN’T NEEDED. FINDING ALTERNATIVE STRATEGIES TO RELIEVE SORE THROAT SYMPTOMS AND REDUCE ANTIBIOTIC USE IS IMPORTANT. A NEW STUDY IN JAMA INVESTIGATES WHETHER A CORTICOSTEROID PILL RESOLVES SORE THROAT SYMPTOMS IN ADULTS WHO DON’T REQUIRE ANTIBIOTICS. LAURA BERGER HAS MORE IN THIS WEEK’S JAMA REPORT.**

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| **B-ROLL:**  **(Doctor checking patient’s throat)** | PATIENTS IN THE U.S. MADE 92 MILLION VISITS TO DOCTORS FOR SORE THROATS BETWEEN 1997 AND 2010. MANY OF THOSE PATIENTS RECEIVED UNNECESSARY ANTIBIOTICS. |
| **SOT/FULL**  **Gail Hayward, DPhil, MRCG, University of Oxford**  **Super@:11**  **Runs: 14** | **“We know the more antibiotics that we take, the more likely we are to develop infections which are resistant to antibiotics in the future. So it’s important to try and find alternative treatments…we wanted to know if steroids could be an alternative treatment for sore throat.”** |
| **B-ROLL:**  **(Dr. Hayward walking down hallway, working on computer, patient getting throat exam, shot of dexamethasone, patient exam)** | **DR. GAIL HAYWARD OF THE UNIVERSITY OF OXFORD AND HER COLLEAGUES STUDIED ALMOST 600 ADULTS WITH SORE THROATS WHO DIDN’T REQUIRE IMMEDIATE ANTIBIOTICS FROM CLINICS IN ENGLAND AS PART OF A RANDOMIZED TRIAL. HALF THE PATIENTS TOOK A 10-MILLIGRAM DOSE OF THE CORTICOSTEROID DEXAMETHASONE WHILE THE OTHER HALF RECEIVED A PLACEBO.**  **THE RESEARCHERS THEN MEASURED WHETHER SORE THROAT SYMPTOMS WERE COMPLETELY RESOLVED AFTER ONE OR TWO DAYS.**  **THE STUDY APPEARS IN JAMA, THE JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION.** |
| **SOT/FULL**  **Gail Hayward, DPhil, MRCG, University of Oxford**  **Super@: 53**  **Runs: 17** | **“After 24 hours, we didn’t see any difference in the proportion of patients who felt better between those taking the steroid and those taking the placebo. However, at 48 hours we did see a difference, more patients in the group that took the steroid tablet felt completely better, than patients in the placebo group.”** |
| **B-roll**  **(Doctor checking patient’s ears, talking to patient, shot of drug)** | **ALTHOUGH MORE PATIENTS WHO TOOK THE STEROID FELT COMPLETELY BETTER AFTER 48 HOURS, DR. HAYWARD SAYS THERE ARE MANY DOWNSIDES TO TAKING STEROIDS, INCLUDING DIFFICULTY SLEEPING, ACID REFLUX, AND INCREASED APPETITE.** |
| **SOT/FULL**  **Gail Hayward, DPhil, MRCG, University of Oxford**  **Super@: 1:23**  **Runs: 23** | **“We think that although steroids are probably not ideal to be used in primary care for all patients presenting with sore throat, what our study couldn’t really do is look at those patients with very severe sore throat.** |
|  | **We think that its possible that in very severe sore throat steroids might help patients be able to swallow fluids and medication and avoid needing to go to hospital, which could be very beneficial, this research has not yet been done.”** |
| **B-ROLL:**  **(Doctor using tongue depressor on patient)** | **LAURA BERGER, THE JAMA REPORT** |

**TAG: THE STUDY STARTED IN 2013 AND ENDED IN 2015.**

**Please see the complete study for additional information, including other authors, author contributions and affiliations, financial disclosures, funding and support, etc.**

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**ADDITIONAL SOUNDBITES:**

**QUOTE 1 Runs: 19 seconds**

**“This trial was important because sore throat is a very common reason for people to go to their primary care clinic. For example, in the U.S. 6.6 million visits for sore throat are made each year. Although we know that most sore throats will get better without antibiotics, family doctors still prescribe antibiotics to over half of the patients they see with sore throat.”**

**QUOTE 2 Runs:16 seconds**

**“It is possible there are other uses for steroids in sore throat, for example in patients who have very severe sore throat there still may be a case for using them to help them swallow fluids and medications. But this trial has not yet been done, this research is still to be done in primary care.”**