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\(^1-3\).
- There is no convincing physiological rationale for the use of treating dengue
- Potential side effects include the following:
  - GI bleeding
  - Hyperglycemia
  - Immunosuppression

References

2. Panpanich et al, Cochrane Database Syst Rev, 2006; 19(3)