

Six months azithromycin treatment in COPD patients reduces frequency of exacerbations and delays time to first exacerbation.

Kostadinova V, et al. *European Respiratory Journal*. 2017; 50 (61).

- Macrolides are used to reduce COPD exacerbations and the loss of lung volume via reduction of local bronchial inflammation.
- A 6 month course of azithromycin treatment in comparison to standard therapy led to greater reduction in exacerbation frequency (-1.37 vs. -0.87 events per patient/year).
- Time to first moderate or severe exacerbation was longer in azithromycin group (233 days) than in control group (125 days).

Azithromycin reduced the frequency of exacerbations and delayed the time to first exacerbation without significant effect on lung function, symptoms, quality of life, physical capacity and sputum and throat swab microbiology.