

Efficacy of Azithromycin in Severe Asthma from the AMAZES Randomised Trial

Gibson PG, et al. ERJ Open Res. 2019 Dec; 5(4):00056-2019.

- A total of 213 patients (51%) were allocated to azithromycin treatment and 207 (49%) to placebo. Patients were randomised to receive 500 mg of azithromycin three times per week (low dose) or identical placebo for 48 weeks.
- Macrolide antibiotics have both anti-infective and anti-inflammatory effects. Azithromycin significantly reduced asthma exacerbations in severe asthma.
- The rate of exacerbations with treatment was 1.2 per person-year, which was significantly less than for placebo (2.01 per person-year).
- The proportion of participants experiencing at least one asthma exacerbation was reduced by azithromycin from 64% to 49%.

Long-term, low-dose azithromycin reduced asthma exacerbations and improved the quality of life in patients with severe asthma. These data support the addition of azithromycin as a treatment option for patients with severe asthma.

