

Azithromycin Exerts Anti-inflammatory Effects in Adults with Severe Influenza

Lee N, *et al. Antiviral Res.* 2017 Aug; 144:48-56.

- **Macrolides can decrease inflammation in respiratory diseases, providing clinical benefits.** However, data in influenza is lacking.
- In a randomized, multicenter trial among adults (age=57 ± 18 years) hospitalized for laboratory-confirmed influenza, it was observed that compared with oseltamivir (antiviral medication used for influenza) monotherapy, a combination of oseltamivir and azithromycin (500 mg/day) for 5 days resulted in:
 - Faster decline in pro-inflammatory cytokines (IL-6, IL-17, IL-18, CRP)
 - Faster symptom resolution

The study demonstrated significant anti-inflammatory effects with adjunctive macrolide treatment in adults with severe influenza.