

# Prescribing Trends of Oral Corticosteroids Among Young Adults with Active Asthma

I. R. Skov<sup>1</sup>, D. P. Henriksen<sup>2</sup>, A. Pottegård<sup>2</sup>, H. Madsen<sup>3</sup>, J. R. Davidsen<sup>1</sup>

<sup>1</sup>Department of Respiratory Medicine, Odense University Hospital; Department of Clinical Research, University of Southern Denmark - Odense (Denmark)

<sup>2</sup>Department of Clinical Biochemistry & Pharmacology, Odense University Hospital; Department of Public Health, University of Southern Denmark - Odense (Denmark)

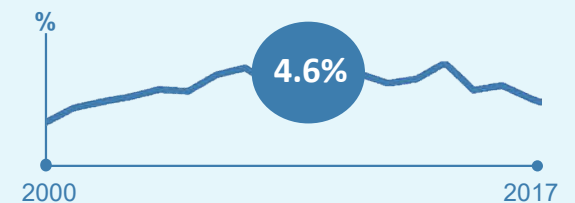
<sup>3</sup>Department of Respiratory Medicine, Odense University Hospital; Department of Dermatology and Allergy Centre, Odense University Hospital - Odense (Denmark)



## BACKGROUND

Use of oral corticosteroids (OCS) in patients with asthma is known to cause serious adverse effects, why it is important to monitor the usage trends and extend. So far, knowledge of patterns of the actual OCS use among patients with asthma is limited. We aimed to investigate the nationwide trends of OCS use among young adults with asthma in Denmark.

## ANNUAL PREVALENCE OF OCS USERS



The mean annual prevalence of OCS users was 4.6%, with a slight increase from 2000 (4.4%) to 2017 (4.9%). The mean annual prevalence of high OCS use was 0.6% with no trend during study period.

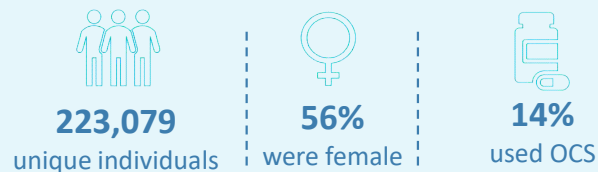
## METHODS



- ✓ Nationwide cohort study
- ✓ Using Danish health registers
- ✓ Annually repeated drug analyses
- ✓ Classification by OCS exposure

2000 Study period 2017

## RESULTS



Annually **0.6%** would have a high use, corresponding to  $\geq 5$  mg OCS/d/y\*

\*accumulated, in prednisolone equivalent doses

High users compared to non-users



tended to be **older**  
(median 36 years vs. 33 years)

and more often **female**  
(59% vs. 53%)

## STUDY POPULATION



- ✓ Young adults aged 18-45 year
- ✓  $\geq 2$  filled asthma-related drugs within 12 coherent months since the age of 15

## CONCLUSION

The prevalence of OCS users among young adults with asthma in Denmark is stable and generally low with high use of OCS being rare