



The Philippine Society  
of Otolaryngology -  
Head and Neck Surgery



The Academy for  
Head and Neck Oncology  
of the Philippines



The International Federation  
of Head and Neck Oncologic  
Societies



# IFHNOS

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### 62ND PSO-HNS ANNUAL CONVENTION

## CE11.1

### Steroids 101

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There has been an increasing role for steroids in the management of otorhinolaryngological diseases. Their potent anti-inflammatory activity has been utilized in a significant number of inflammatory conditions, infectious and non-infectious. Cognizant of the complications associated with steroid use, topical applications have been applied successfully in otologic, rhinologic and laryngeal problems.

A basic understanding of the pharmacology of steroids (pharmacodynamics, pharmacokinetics, complications associated with short-term and long-term use) is a prerequisite for all otorhinolaryngologists. A comparison of locally-available corticosteroids (systemic and topical) in terms of anti-inflammatory potency, systemic bioavailability and dosing will be a useful prescribing guide.

Recent evidence on accepted and emerging applications of steroids (including combinations) will provide more flexibility in treating patients with rhinologic (allergic rhinitis, rhinosinusitis, nasal polyps) and laryngeal (benign vocal fold lesions) conditions. A review on pain and edema control with the use of steroids will be helpful in the pre- and post-operative care of patients.