

■ **Fludrocortisone does not appear to be beneficial in patients with neurally-mediated hypotension**

(NMH) and CFS (chronic fatigue syndrome), say researchers from the US. In this multicentre study, 100 patients with both CFS and NMH were randomised to receive oral fludrocortisone (n = 50) or placebo, for 9 weeks.* According to an intention-to-treat analysis, scores on a 100-point global wellness scale were improved from baseline by ≥ 15 points during treatment in 14% of fludrocortisone recipients (7/50), and 10% of placebo recipients (5/50); the between-group difference was not significant. Similarly, no significant between-group differences were observed for any of the other self-rating instrument scores during the treatment period.

* Patients received an initial dosage of fludrocortisone 0.025 mg/day for 1 week, which was increased to 0.05 mg/day for week 2, then to 0.1 mg/day for the remaining 7 weeks of treatment.

Rowe PC, et al. Fludrocortisone acetate to treat neurally mediated hypotension in chronic fatigue syndrome: a randomized controlled trial. JAMA: the Journal of the American Medical Association 285: 52-59, 3 Jan 2001 800852223