

Steroid During Heart Surgery Has No CV Benefit

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Giving high-dose dexamethasone as a prophylactic during heart surgery didn't reduce cardiovascular events, but it may diminish respiratory failure and infections, researchers found.

In a randomized, controlled trial, there was no significant difference in a primary composite endpoint of adverse cardiovascular events between those given a high dose of the steroid and those given placebo ($P=0.07$), Jan Dieleman, MD, of the University Medical Center Utrecht in the Netherlands, and colleagues reported.

But dexamethasone did appear to lessen both the duration of postoperative respiratory failure and infection ($P=0.02$ and $P<0.001$), they wrote in the Nov. 7 issue of the *Journal of the American Medical Association*.

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