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Mania as a side effect of Beclomethasone: A case report

Mohamed Abd Elalem Aziz
Amr Shahin Psychiatric hospital, Egypt

Subject objective: Beclomethasone is a commonly used inhaled, synthetic glucocorticoid in treatment of asthma and rhinitis (allergic and non-allergic). Behavioral changes are rare but documented side effects of Beclomethasone. Hereby, we report a case of an Egyptian patient, treated with Beclmehtasone for newly diagnosed asthma who developed behavioral changes.

Case Presentation: A 19 years old asthmatic patient with no history of psychiatric disorders. The patient has started receiving Beclomethasone since 2 weeks in response to his worsening asthma and he was not receiving any other prescriptions. After 2 days of starting inhaled beclomethasone inhaler, the patient showed a sudden, progressive change in behavior, including aggression, insomnia, pressured speech, elevated mood, impulsivity and grandiose delusions. Patient was admitted to our psychiatric department and his aggression was controlled by haloperidol 5 mg (intramuscular). Mini mental status examination showed (1) Euphoria, (2) increase in rate and amount of speech, (3) Delusion of grandeur (4) impaired abstract thinking, (5) impaired judgment. We used mood stabilizer drug (lithium) and antipsychotic medication (risperidone) for the treatment of the manic episode. The patient was discharged after 3 weeks.

Conclusion: According to our knowledge, this is the first case of mania induced by inhaled beclomethasone in Egypt. The mechanism of psychiatric symptoms caused by corticosteroids stills unclear, may be caused by increasing dopamine level in the brain according to some studies. General physicians must pay more attention to behavioral changes caused by commonly used drugs like inhaled beclomthasone.

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Biography

Mohamed Abd Elalem Aziz has finished his psychiatry residency from Abbassya psychiatric hospital, Cairo, Egypt. Finished Addiction Diploma in 2015 and expected to finish his master degree in May 2017 from Menoufia Faculty of Medicine. He is psychiatry supervisor at (Medical research group of Egypt) which is a highly prestigious research group in Egypt with more than 50 international published research papers. His main scope is systematic reviews and meta-analysis in gene therapy especially gene therapy related to Parkinson's disease.

mohamedabdelalem@med.menofia.edu.eg

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