

Mania as a side effect of Beclomethasone: A case report

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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 Beclomethasone for newly diagnosed asthma who developed behavioral changes.

Case presentation

A 19 years old asthmatic male 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 beclomethasone.

Funding

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