

Randomized- blind controlled trial.

The study had 3 parts: 1) Treatment of acute attack; 2) Those in clinical remission at week 6 entered maintenance therapy; 3) those relapsing entered open therapy with cortisone 100-200mg/day Hospitalised patients with active UC were randomized to oral cortisone 50mg q.d.s (200mg/day) vs intramuscular corticotrophin-gel 80 units for 6 weeks. Patients could receive salazopyrin and/or topical hydrocortisone during the trial.

Maintenance: those in clinical remission at week 6 were randomized to cortisone 50mg/day tablets or placebo.

Primary endpoints: Clinical remission at week 6.

Results: N=169

- Clinical remission at week 6: 60.7% corticotrophin vs 38.8% cortisone group, $p < 0.01$. This differences were even bigger in those having a relapse as compared to first attacks.
- Fatality rate 7.1% of patients died within 6 weeks.
- Maintenance: no benefit was observed of cortisone over placebo for prevention of disease flare during a year time.

Conclusion:

Cortisone and corticotrophin are both effective in acute attacks of UC although the later is more effective in relapses. However there were more relapses in those with corticotrophin for which cortisone, hydrocortines or synthetic adrenal steroids are recommended over corticotrophin for acute attacks.

Daily cortisone 50mg does not reduce the relapse rate.

TABLE I.—*Effect of Treatment on Whole Series*

Clinical State at End of Treatment	Corticotrophin Group	Cortisone Group
Remission	51 (60.7%)	33 (38.8%)
Improved	12 (14.3%)	29 (34.1%)
Unchanged or worse	21 (25.0%)	23 (27.1%)
Total	84 (100%)	85 (100%)

$$\chi^2 = 11.0. \quad n = 2. \quad P < 0.01.$$

TABLE II.—*Effect of Treatment in First Attacks and Relapses*

Clinical State at End of Treatment	First Attacks		Relapses	
	Cortico-trophin Group	Cortisone Group	Cortico-trophin Group	Cortisone Group
Remission	20 (50.0%)	13 (41.9%)	31 (70.5%)	20 (37.0%)
Improved	6 (15.0%)	9 (29.0%)	6 (13.6%)	20 (37.0%)
Unchanged or worse	14 (35.0%)	9 (29.1%)	7 (15.9%)	14 (26.0%)
Total	40 (100%)	31 (100%)	44 (100%)	54 (100%)

$$\chi^2 = 2.38. \quad n = 2. \quad P > 0.05. \quad \chi^2 = 11.3. \quad n = 2. \quad P < 0.01.$$

