



## Overall do ABs help Symptoms? NOT MUCH!

### Evidence from RCTs & Systematic reviews

	Prior duration	Duration after seeing doctor	Total duration untreated	Benefit from antibiotics	NNT
Otitis media	1-2 days	3-5 days	4 days	8-12 hrs	18
Sore throat	3 days	5 days	8 days	12-18 hrs	10-20
Sinusitis	5 days	7-10 days	12-15 days	24 hrs	13
Bronchitis	10 days	10-12 days	20-22 days	24 hrs	10-20

**RULE of THUMB:** ½ week, 1 week, 2 weeks, 3 weeks