

Infections

- Treatment of Cystitis: NNT 2-3
- Drainage of Cutaneous Abscess: 86% complete resolution in 10 days.
- Topical treatments for Tinea Pedis: 70% total resolve (NNT 2-3)
- AOM in higher risk kids: NNT 3-4
 - High risk: more severe symptoms, ≤ 2 years, day-care, bilateral AOM, etc (no recovery).

Corticosteroid

- Acute Asthma and short courses of Oral steroids: NNT 10 for relapse at 7 days
- OA of the knee & Steroid Injections: NNT 2-4
 - Example: 74% better vs 45% better at 2 weeks.
- Chronic Rhinosinusitis & intranasal Steroid : NNT 5 for response for chronic rhinosinusitis.
- Rheumatoid arthritis flare & prednisone $\leq 15\text{mg}$: SMD of 1.75 for pain & 1.13 Joint tenderness

Mental Health

- In Depression NNT (for better outcome):
 - 16 in mild to Moderate (Ham D ≤ 18)
 - 11 in severe, (Ham D 19-22)
 - 4 in very severe (Ham D ≥ 23)
- Antipsychotic augmenting antidepressants:
 - Response NNT 7-12 and remission NNT 7-12.

Pain

- Headache Prevention:
 - TCA NNT 8 (all headaches)
 - Propranolol: 4 (just migraine)
- Neuropathic (moderate or $\geq 50\%$ pain relief)
 - TCA 3-4 & gabapentin 6-8 .
- Back Pain:
 - Muscle relaxants NNT 6 or NSAIDs NNT 8