

# NNT(number needed to treat) and NNH (number needed to harm)



Ask Mish

## 1.NNT/NNH

	NNT	NNH
refer to	treatment as cure	treatment w/ side effects
# people treated	to prevent 1 case (disease)	to prevent 1 case (disease)

## 2.Total:100 people

	disease	no disease
exposed:50	5	45
non exposed:50	0	50

**1.NNT =NNH** :# people you need to treat/harm to prevent the appearance of 1 new case of disease (definition in table 1)

**2.Example** : How to calculate NNT/NNH from table 2

NNT/NNH : if you treat all 100 people you prevent the 5 cases of disease  
 so you need to treat x=NNT to prevent 1 case of disease  
 apply 3 simple rule:  $NNT = 1 \times 100 / 5 = 20$   
 meaning you need to treat 20 people in order to prevent 1 case of disease

**also calculate** :  $NNT/NNH = 1/ARR$