

PREDNISON (STERIODS)

Corticosteroids are powerful drugs that moderate the body's inflammatory response in disease. You need to be aware of the side effects inherent and the complications possible in the use of prednisone. It is important to note a difference between the short and long term use of prednisone. It is most important to follow your physician's instruction regarding steroid use. Long term use will cause decrease responsive of your body to stressful situations. Therefore in emergencies, physicians and paramedics should be notified that you are on chronic steroid therapy. An Aalert band may be helpful. These drugs should not be stopped abruptly and **must be tapered slowly** as per your physician's instruction.

Side effects

1. Mood changes
2. Increased appetite and weight
3. Diabetes or high blood pressure may be uncovered or exacerbated.
4. Reduced ability to fight infections, therefore signs of any colds or fevers should be reported to your physician.
5. Increased bone weakness with increased occurrence of fractures - take calcium supplements (Oscal + D 500 mg three times a day) to help prevent this.

For more information please visit our website: www.pennstatehershey.org/web/dermatology/home and click on Health Information Library.

If you have any questions or concerns, please contact your provider at the location you were treated.
Hershey Medical Center, UPC I, Suite 100 (717) 531-6820 or Nyes Road, (717) 657-4045.
Penn State Hershey Medical Group, Colonnade Building (814)272-4445.