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# Steroids

**Also called:** Corticosteroids, Glucocorticoids

You may have heard of anabolic steroids [<https://medlineplus.gov/anabolicsteroids.html>] , which can have harmful effects. But there's another type of steroid - sometimes called a corticosteroid - that treats a variety of problems. These steroids are similar to hormones that your adrenal glands make to fight stress associated with illnesses and injuries. They reduce inflammation and affect the immune system.

You may need to take corticosteroids to treat:

- Arthritis
- Asthma
- Autoimmune diseases such as lupus and multiple sclerosis
- Skin conditions such as eczema and rashes
- Some kinds of cancer

Steroids are strong medicines, and they can have side effects, including weakened bones and cataracts. Because of this, you usually take them for as short a time as possible.


## Start Here


- Prednisone and Other Corticosteroids: Balance the Risks and Benefits [<https://www.mayoclinic.org/tests-procedures/cortisone-shots/in-depth/steroids/art-20045692?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/tests-procedures/cortisone-shots/in-depth/steroids/art-20045692?p=1>]

## Related Issues

- Glucocorticoid-Induced Osteoporosis [<https://rheumatology.org/patients/glucocorticoid-induced-osteoporosis>]  
(American College of Rheumatology)  
Also in Spanish [<https://rheumatology.org/patients/osteoporosis-inducida-por-glucocorticoides>]
- How to Stop Steroid Medicines Safely [<https://familydoctor.org/how-to-stop-steroid-medicines-safely/?adfree=true>]  
(American Academy of Family Physicians)  
Also in Spanish [<https://es.familydoctor.org/como-dejar-de-tomar-medicamentos-esteroides-sin-peligro/?adfree=true>]

## Specifics




- Corticosteroids [<https://www.crohnscolitisfoundation.org/what-is-ibd/medication/corticosteroids>]  
 (Crohn's & Colitis Foundation of America)
- Cortisone Shots [<https://www.mayoclinic.org/tests-procedures/cortisone-shots/about/pac-20384794?p=1>]  
(Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/tests-procedures/cortisone-shots/about/pac-20384794?p=1>]
- Epidural Corticosteroid Injections [<https://www.hopkinsmedicine.org/health/conditions-and-diseases/epidural-corticosteroid-injections>] (Johns Hopkins Medicine)

- Inhaled Asthma Medications [<https://www.aaaai.org/tools-for-the-public/conditions-library/asthma/inhaled-asthma-medications/>] (American Academy of Allergy, Asthma, and Immunology)
- Oral Corticosteroids (For Asthma) [<https://aafa.org/asthma/asthma-treatment/asthma-treatment-oral-corticosteroids-prednisone/>]  (Asthma and Allergy Foundation of America)
- Steroids for Treating Cancer (For Parents) [<https://kidshealth.org/en/parents/steroid-treatment.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/steroid-treatment.html>]
- What Are Steroid Tablets? [<https://www.aao.org/eye-health/drugs/steroid-tablets>] (American Academy of Ophthalmology)  
Also in Spanish [<https://www.aao.org/salud-ocular/medicamentos/tabletas-de-esteroides>]

## Images

- Prednisone [<https://www.hopkinsvasculitis.org/vasculitis-treatments/prednisone/>] (Johns Hopkins Vasculitis Center)

## Clinical Trials

- ClinicalTrials.gov: Adrenal Cortex Hormones [<https://clinicaltrials.gov/search?intr=%22Adrenal+Cortex+Hormones%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Glucocorticoids [<https://clinicaltrials.gov/search?intr=%22Glucocorticoids%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Prednisone [<https://clinicaltrials.gov/search?intr=%22Prednisone%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

## Journal Articles

### References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Dupilumab Plus Medium-Dose Inhaled Corticosteroid (ICS) Improves Outcomes Compared With Placebo... [<https://www.ncbi.nlm.nih.gov/pubmed/40728026>]
- Article: Intravitreal aflibercept alone versus combination with dexamethasone phosphate for diabetic macular... [<https://www.ncbi.nlm.nih.gov/pubmed/40699120>]
- Article: Comparison of kinesiotape, counterforce brace, and corticosteroid injection in patients with... [<https://www.ncbi.nlm.nih.gov/pubmed/40680057>]
- Steroids -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Glucocorticoids%22%5Bmajr%3Anoexp%5D+OR+%22Adrenal+Cortex+Hormones%22%5Bmajr%3Anoexp%5D+OR+%22Prednisone%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bdat%5D+AND+%28patient+education+handout%5Bpt%5D+OR+guideline%5Bpt%5D+OR+clinical+trial%5Bpt%5D%29++NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

## Children

- Prednisone: Pediatric Medication [<https://www.mskcc.org/cancer-care/patient-education/medications/pediatric/prednisone>] (Memorial Sloan Kettering Cancer Center)
- What are Corticosteroids? [<https://www.healthychildren.org/English/health-issues/conditions/allergies-asthma/Pages/Corticosteroids.aspx>] (American Academy of Pediatrics)  
Also in Spanish [<https://www.healthychildren.org/spanish/health-issues/conditions/allergies-asthma/paginas/corticosteroids.aspx>]

## Women

- Inhaled Corticosteroids (ICSs) and Pregnancy [<https://mothertobaby.org/fact-sheets/inhaled-corticosteroids-icss-pregnancy/>] (Organization of Teratology Information Specialists)  
Also in Spanish [<https://mothertobaby.org/es/hojas-informativas/los-corticosteroides-inhalados-icss/pdf/>]
- Prednisone/Prednisolone and Pregnancy [<https://mothertobaby.org/fact-sheets/prednisoneprednisolone-pregnancy/>] (Organization of Teratology Information Specialists)  
Also in Spanish [<https://mothertobaby.org/es/hojas-informativas/la-prednisonaprednisolona/>]

# Patient Handouts

- Steroid injections - tendon, bursa, joint [<https://medlineplus.gov/ency/article/007678.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007678.htm>]



## MEDICAL ENCYCLOPEDIA

- Corticosteroids overdose [<https://medlineplus.gov/ency/article/002582.htm>]
- Steroid injections - tendon, bursa, joint [<https://medlineplus.gov/ency/article/007678.htm>]

## Related Health Topics

- Addison Disease [<https://medlineplus.gov/addisondisease.html>]
- Cushing's Syndrome [<https://medlineplus.gov/cushingssyndrome.html>]

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