

Information on taking Corticosteroids prescribed by Dr. Werger

What are Corticosteroids?

Cortisone is made in our body every day. It is our natural hormone that controls various functions in our body including inflammation. Prednisone/ Dexamethasone are drugs like our own cortisone and reduce inflammation. Nasal steroid sprays also reduce inflammation in the nose only.

Why did Dr. Werger prescribe a corticosteroid?

Corticosteroids are used to reduce inflammation. They can be taken orally, as a nasal spray, cream/ointment or drops. They lessen the redness, itchiness, swelling and allergic reactions. They treat many conditions both allergic and non-allergic. These medications will make you feel better.

Are Steroids good or bad?

There are several types of steroids. If used inappropriately, for example athletes trying to get an unfair advantage, they can be dangerous. Corticosteroids are different than athlete type steroids but can still have side effects if used in high doses and for a long time (months to years). The benefit of using the medication has to be weighed against the potential risks.

What is the risk with Nasal steroid sprays?

Nasal steroids in general are very safe since very little is absorbed into the blood and they work on the nose/sinuses only. No evidence of serious long-term complications have been demonstrated. The side effects are rare but include sore throat, dry nose, nosebleeds, and headaches.

What are the side effects of oral corticosteroids?

Side effects are rare if taken for less than 5 to 7 days.

Common side effects are: increased appetite, indigestion, nervousness/ restlessness, trouble sleeping. These do not require medical attention. Less common side effects include: vision change, frequent urination, increased thirst, altered blood sugar in diabetics, and stomach ulcers. These require treatment by your doctor.

Rare side effects include: confusion, hallucinations, mental depression or mood swings. The rarest is damage (avascular necrosis) of the bone/joints.