

Glucocorticoids: A Systematic Review

By

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Abstract

Glucocorticoids (GCs) are commonly utilized in the treatment of inflammatory and autoimmune illnesses. Their method of action is frequently based on genetic effects that have both positive and negative repercussions. The goal of this review is to go over the potential difficulties and adverse effects of using GC. Many of these issues are caused by the dosage and length of therapy. Preventive methods based on evidence are explored. Many suggestions are based on expert judgment rather than solid data. A 54-year-old guy comes in complaining of proximal upper and lower extremities weakness. There aren't any rashes. The antinuclear antibody is negative, and the erythrocyte sedimentation rate and C reactive protein are both 24 mm/h and 3 mg/dL. Myopathic motor unit potentials with fibrillation are seen on electromyography, and a muscle biopsy confirms polymyositis. Prednisone at a dose of 60 mg/d is started. What are the dangers of taking GC? What further examinations and actions should this patient undergo before beginning long-term GC therapy.