

PREDNISONE: START THE CONVERSATION

WHAT: Prednisone is a corticosteroid—steroid for short—and corticosteroids, despite adverse side effects, are considered an essential component in the treatment of autoimmune and inflammatory conditions such as rheumatoid arthritis, psoriatic arthritis and ankylosing spondylitis. For osteoarthritis, corticosteroids are sometimes injected into an affected joint for pain relief. Prednisone is not an anabolic steroid or sex hormone.

WHY: Corticosteroids such as prednisone block the production of substances that trigger allergic and inflammatory actions.



TWO SIDES OF COIN



Hailed as a miracle when it was first developed in 1955, prednisone is often cited as one of the most significant medical advances of the 20th century but

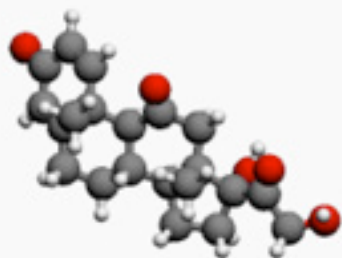
the drug's reputation has taken continual hits over the years as its laundry list of side effects became known.

SIDE EFFECTS

Like all medications Prednisone has the possibility of side effects. The most common include: increased risk of infection, upset stomach, trouble sleeping, nervousness and increased appetite. It's important to communicate with your doctor any side effects you experience.

NEW BENEFIT: SLOWING DISEASE PROGRESSION

In Arthritis Today, Maarten Boers, a professor of clinical epidemiology at the VU University Medical Center in Amsterdam said that, "steroids are no more toxic, and may be less so, than other drugs used to treat RA. And they do modify disease, slowing progression (as seen on X-ray) by as much as 50 percent in some studies."



THE RIGHT BALANCE?

New time release and lower-dose formations may provide the greatest benefit with the least probability of side effects.

What can you do with 44 minutes in the morning?

According to test results reported in the The Lancet, those using modified-release prednisone instead of standard prednisone experienced significant reduction in the duration of morning stiffness in patients with rheumatoid arthritis. "After 12 weeks, patients taking the modified-release prednisone experienced 44 minutes less morning stiffness than at the beginning of the study—29.2 minutes less than those taking the standard version."



MEET OUR DOCTOR



Jonathan Krant, MD

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More information visit: www.CreakyJoints.Org

