

Cortisone products, Glucocorticoid – Prednisolon®, Solomet®

Cortisone is a hormone secreted by the adrenal gland which the body needs all the time. Cortisone has a strong anti-inflammatory effect. Even though cortisone is not a pain-relieving medication, the joint pain and stiffness are alleviated as the inflammation lessens. Cortisone may also prevent the occurrence of joint erosion in rheumatoid arthritis.

Indications

Active rheumatoid arthritis, SLE (systemic lupus erythematosus), polymyalgia rheumatica and many other rheumatic diseases.

Dosage/method of administration

Dosage is individual, depending on patient's illness and the severity of symptoms. In the treatment of rheumatoid arthritis, a relatively low dose is usually used, 2.5 mg-7.5 mg day; the starting dose may be higher. It is recommended that cortisone is taken with breakfast, not on an empty stomach. Cortisone must be withdrawn gradually. The longer the duration of use, the more slowly it must be withdrawn.

Adverse effects

Adverse effects are rarely caused by short-term use of cortisone products. More common adverse effects of long-term or high-dose cortisone treatment are weight gain, increase in cardiovascular diseases, osteoporosis, cataracts, impaired blood glucose balance, skin thinning.

Pregnancy and breastfeeding

May be used if necessary.

Follow-up

Sufficient intake of calcium and Vitamin D must be ensured. Bone density scan must be considered if necessary. Blood sugar levels should be monitored if necessary.

Other considerations

Cortisone treatment must not be stopped abruptly for surgery. Low-dose cortisone treatment (prednisolone < 20 mg /day) does not prevent vaccination.

Link [Reumalääkkeiden ohjeet | Reumatalo.fi | Terveyskylä.fi](#) (in Finnish)

[Wellbeing services county of Satakunta](#)