

## Steroids

### Description

To Jesus:

You can use this as an aide to your own research and share with your doctor.

You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects.

### Steroids & death

One study found that within 30 days of taking just one steroid pill, people had a 500% higher rate of potentially deadly sepsis, 300% higher rate of potentially deadly blood clots, and nearly 200% higher rate of bone fractures.

Short term use of oral corticosteroids and related harms among adults in the United States: population based cohort study

Akbar K Waljee et al.

BMJ 2017; 357 doi: <https://doi.org/10.1136/bmj.j1415>

<http://ihpi.umich.edu/news/common-drugs-uncommon-risks-higher-rate-serious-problems-seen-adults-who-take-short-term-steroids>

### Brain damage

Inhaled & especially oral steroids for asthma appear to cause visible brain damage, shrinking the brain's white matter.

van der Meulen M, Amaya JM, Dekkers OM, et al  
Association between use of systemic and inhaled glucocorticoids and changes in brain volume and white matter microstructure: a cross-sectional study using data from the UK Biobank  
BMJ Open 2022;12:e062446. doi: 10.1136/bmjopen-2022-062446

Steroids are less damaging when used only occasionally & only after every other option has been tried.

Inhaled steroids

Beclomethasone (Qvar),

budesonide (Pulmicort Flexhaler)

ciclesonide (Alvesco)

fluticasone (Flovent HFA)

fluticasone propionate (Flovent

fluticasone furoate (Arnuity Ellipta)

fluticasone/salmeterol (Advair Diskus)

fluticasone furoate/umeclidinium/vilanterol (Trelegy Ellipta)

mometasone/formoterol (Dulera)

Arnuity Ellipta, Asmanex, and Trelegy Ellipta, may last for 24 hours instead of the others 12 hours.

Steroids, especially inhaled steroids, increase mouth, nose & respiratory infections & pneumonia deaths.

Inhaled steroids cause osteoporosis, cataracts, glaucoma, diabetes, heart disease, bruising, adrenal problems & brain damage.

<https://www.medicalnewstoday.com/articles/325666>

**Category**

1. Uncategorized

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