

Side effects	Prevention of side effects
<p>Endocrine (hormones):</p> <ul style="list-style-type: none"> • Suppression of the adrenal and/or pituitary glands • Delayed sexual development • Changes in menstrual cycle • Increase and change in fat placement, causing fullness the face, "widow's hump," and weight gain • Increased blood sugar (diabetes) • Emotional changes such as moodiness, depression, euphoria or hallucinations 	<p>Endocrine (hormones):</p> <ul style="list-style-type: none"> • Your health care provider may prescribe your steroid pills at specific times; make sure you take them as prescribed and do not stop them suddenly • If you have taken oral steroids, talk with your health care provider about obtaining a medical alert bracelet • Talk with your health care provider if you are having moodiness or depression that doesn't seem to get better
<p>Fluid and electrolytes</p> <ul style="list-style-type: none"> • Salt and water retention • High blood pressure (hypertension) • Loss of potassium 	<p>Fluid and electrolytes</p> <ul style="list-style-type: none"> • Limit the amount of salt and foods that are high in sodium to prevent fluid retention and swelling; condiments and processed foods tend to be high in sodium • Add foods that are high in potassium to your diet
<p>Eyes</p> <ul style="list-style-type: none"> • Increased pressure in the eye (glaucoma) • Clouding of vision in one or both eyes (cataracts) • Blurred vision 	<p>Eyes</p> <ul style="list-style-type: none"> • Visit the eye doctor (ophthalmologist) at least yearly; inform him or her that you take steroid pills routinely
<p>Skin</p> <ul style="list-style-type: none"> • Increase in body hair and acne • A tendency to bruise easily • Thinning of the skin and poor wound healing 	<p>Skin</p> <ul style="list-style-type: none"> • Ask your health care provider about how acne can be treated • Keep the skin well moisturized
<p>Nutrition</p> <ul style="list-style-type: none"> • Increase in appetite • Irritation of stomach and esophagus with possible ulcer symptoms and rarely, bleeding 	<ul style="list-style-type: none"> • Nutrition • If you are eating more food, be sure you choose low-fat, low-sugar items to control calories — ask your health care provider or dietitian to help you with a specific diet plan • Eat a well-balanced diet that meets the Food Pyramid Guidelines • Take your steroid dose with food to decrease stomach irritation
<p>Muscles</p> <ul style="list-style-type: none"> • Muscle weakness or cramps 	<p>Muscles</p> <ul style="list-style-type: none"> • Routine exercise may be recommended to prevent or decrease muscle weakness
<p>Bones</p> <ul style="list-style-type: none"> • Joint pain (especially as steroids are decreased) • Thinning of bones (osteoporosis) may lead to fractures or compressions, especially of the backbone and the hip • Loss of blood supply to bones (aseptic necrosis) may cause severe bone pain and require surgical correction 	<p>Bones</p> <ul style="list-style-type: none"> • To prevent osteoporosis (loss of calcium in the bones), it is important to eat foods high in calcium, such as dairy products — if you need to control calories, low-fat dairy products may be used • Your health care provider or dietitian may recommend certain supplements, such as calcium, vitamin D, and a multi-vitamin • Weight-bearing exercise also may be recommended by your health care provider • Medication may be prescribed to improve osteoporosis
<p>Immune System</p> <ul style="list-style-type: none"> • General suppression of the immune system causes an increased risk to a variety of infections, for example, chicken pox 	<p>Immune System</p> <ul style="list-style-type: none"> • Good handwashing • Avoid exposure to any infectious disease • If you or your child is exposed to chicken pox or measles while receiving oral steroids or high-dose inhaled steroids, notify your health care provider immediately to determine if any special treatments needed
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