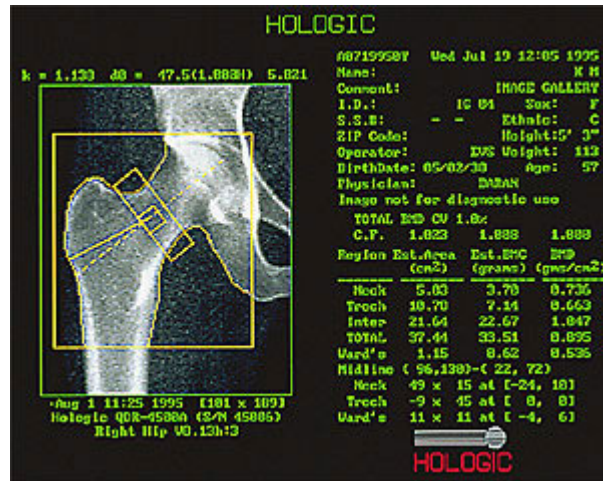
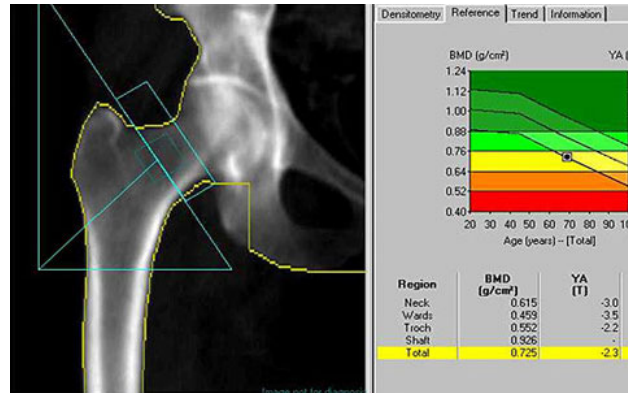


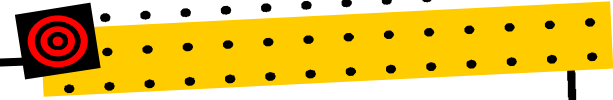
If you are currently taking glucocorticoids it is important to talk to your healthcare provider about your treatment plan and the risk of osteoporosis. Your healthcare provider may suggest that you have your bone mass determined with a safe, painless test that measures the mass and density of bone. With the information obtained from a bone mineral density (BMD) your healthcare provider can predict your risk of osteoporosis and your need for therapy. Bone mass measurements will be helpful to make decisions about dietary and lifestyle changes and possibly medication to prevent bone loss.

There are an increasing number of therapies available to prevent and/or treat glucocorticoid-induced osteoporosis and decrease the risk of osteoporotic fractures. Medications such as calcium supplements, vitamin D, bisphosphonates and weight-bearing exercises may be suggested by your healthcare provider. Glucocorticoids interfere with calcium absorption therefore it is very important to maintain a dietary and supplemental intake of calcium that equals 1500 mg per day and 400-600 IU per day of vitamin D.



Brochure Developed by the  
Endocrine Nurses Society

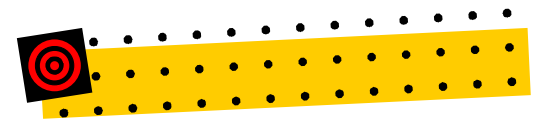
[www.endo-nurses.org](http://www.endo-nurses.org)  
[endocrinenurses@gmail.com](mailto:endocrinenurses@gmail.com)



# Steroid Induced Osteoporosis



Be proactive.  
Talk to your healthcare provider  
about your personal risk for  
glucocorticoid-induced  
osteoporosis and form a plan  
together.



# Glucocorticoids

Use of high doses of Glucocorticoids (steroids) over a prolonged period of time can cause increased bone loss and lead to osteoporosis and painful spinal fractures. Research has shown that approximately 30-50% of patients taking corticosteroids on a chronic basis will experience bone fracture due to osteoporosis.

Glucocorticoids are a group of hormones normally produced by the adrenal glands which are located above the kidneys. Since the 1940's synthetic Glucocorticoids such as prednisone have been used for the treatment of a number of diseases. Glucocorticoid medications are a very important part of the management of these diseases and often dramatically improve the patient's quality of life.

Although Glucocorticoids are essential for many disease treatments, they may inhibit bone growth. This can result in rapid and severe bone loss in adults.

Glucocorticoids decrease the amount of calcium absorbed from food and increase the loss of calcium in the urine.

Men and women using glucocorticoid medications are high-risk candidates for developing osteoporosis.



There are many different types of Glucocorticoids. Some of the generic names for common glucocorticoid medications are:

- Cortisone
- Hydrocortisone
- Prednisone
- Prednisolone
- Trimcinolone
- Dexamethasone
- Betamethasone
- Beclomethasone



## Diseases commonly treated with Glucocorticoid Medications

- Rheumatoid Arthritis
- Asthmas and other lung disease
- Liver Disease
- Lupus (SLE)
- Multiple Sclerosis (MS)
- Sarcoidosis
- Vasculitis (PMR)
- Organ Transplantation such as Liver, Kidney, Heart
- Bowel Disorder
  - Ulcerative Colitis
  - Chron's
  - Chronic Diarrhea

The amount of bone loss is directly related to the dose and duration of glucocorticoid treatment. Your healthcare provider will try and find the dose that is most effective and causes the least bone loss.

Abruptly stopping or reducing the amount of Glucocorticoids can be dangerous. **ALWAYS** consult your healthcare provider before making any changes in this medication