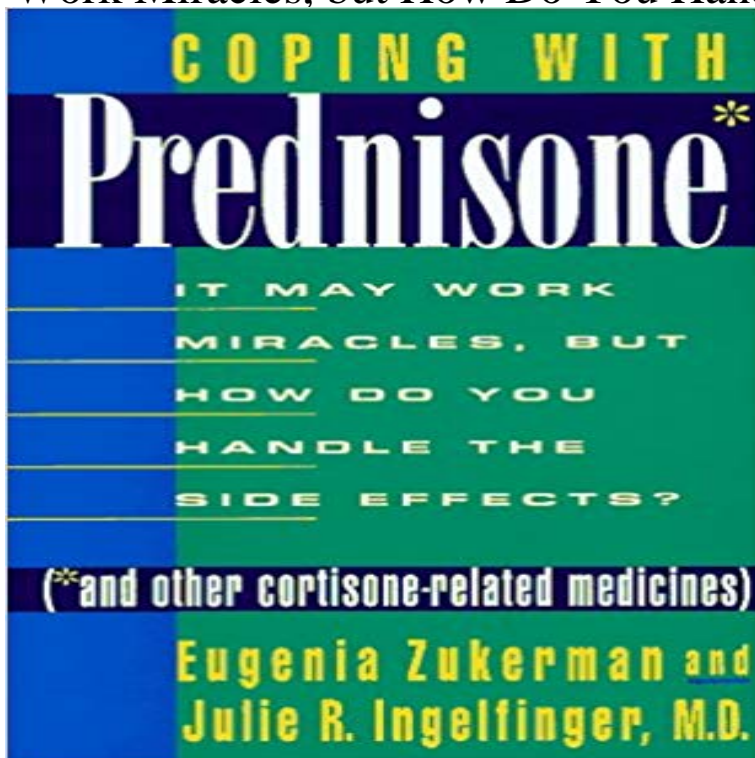


## Coping With Prednisone and Other Cortisone-Related Medicines : It May Work Miracles, but How Do You Handle the Side Effects?



Approximately one million Americans per year take high doses of prednisone and related drugs (glucocorticoids) to treat serious illnesses and conditions ranging from asthma to rheumatoid arthritis to kidney disease to organ transplantation. While these medicines may have unpleasant, even devastating side effects, including gastrointestinal problems, intense mood swings, changes in hair and skin, and increased susceptibility to infection, they may also be the only treatment available for serious or life-threatening illnesses. When the world-renowned flutist Eugenia Zukerman was prescribed prednisone to combat a rare lung disease, she teamed up with her sister, Julie R. Ingelfinger, a well-known specialist in pediatric nephrology and hypertension at Massachusetts General Hospital in Boston, to write the first ever, comprehensive guide for patients undergoing this difficult treatment. Packed with everything your doctor didn't have time to tell you, including recipes, exercises, and tips based on personal experience, *Coping with Prednisone* is an invaluable handbook for health-care workers, caregivers, and especially for patients themselves.

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