

# SIDE EFFECTS OF CORTICOSTEROIDS



## Corticosteroids cause:

- 1 Immunosuppression
- 2 Fluid and electrolyte imbalance
- 3 Skin issues
- 4 Altered sex hormones
- 5 Increased stress response
- 6 Altered protein/fat metabolism
- 7 Effects on nervous system

### LEARNING HINT

#### What Do Steroids Do?

Learn these to help you recall the side effects on exams!

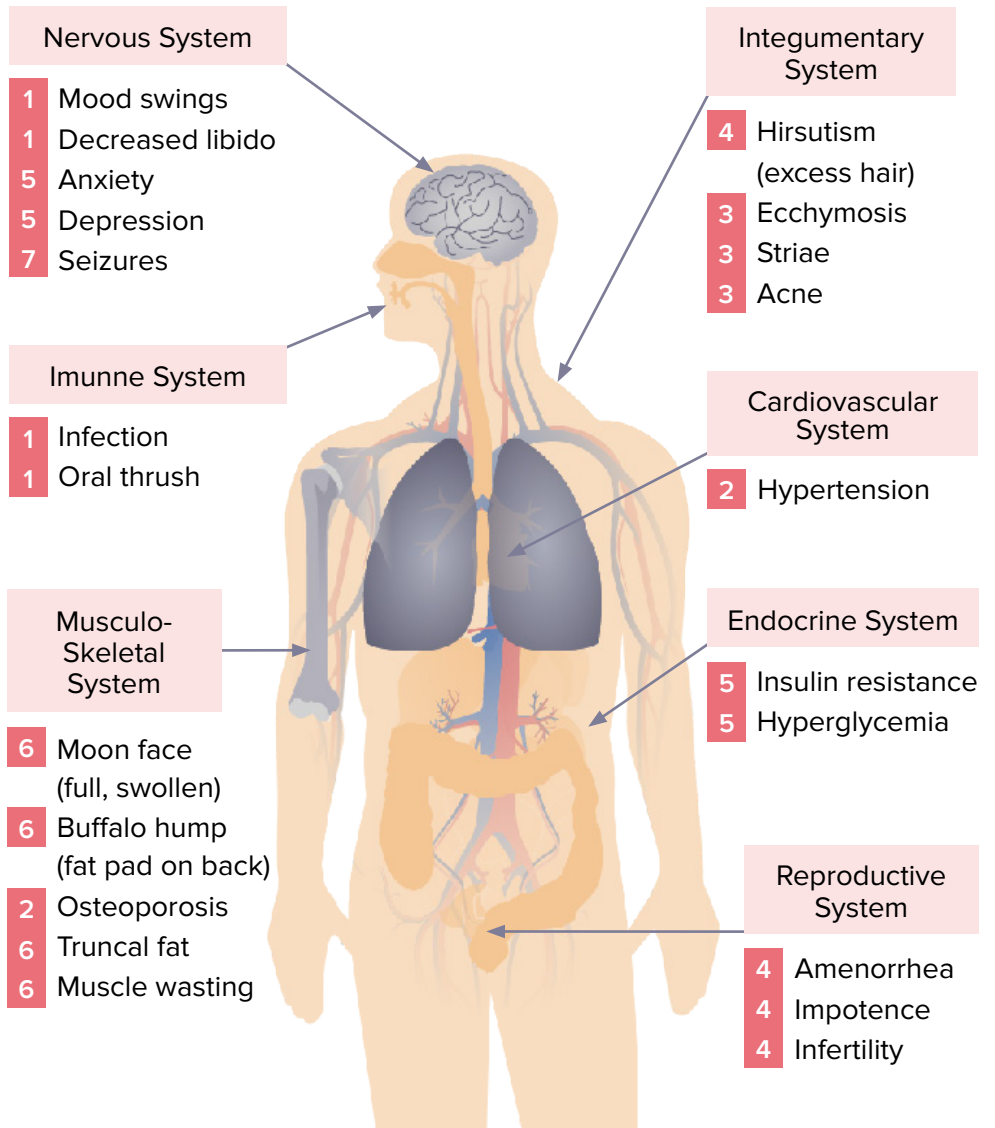
## Recall the side effects:

- C**  
**U** Unhappy "U"phoric  
**S** Skin issues  
**S** Sex hormone alteration  
**H** Hump HTN  
**I** Insulin resistance  
**N**  
**G** Gut (truncal fat)

### EXAM TIP

#### Patient Education

Inhaled corticosteroids?  
 Teach patient to rinse mouth after inhaler use to prevent oral thrush!



### LEARNING HINT

#### Safety First

Patients discontinuing long term steroids must taper their dose in order to prevent adrenal insufficiency!



**RECALL** - Mineralocorticoids → ↓ serum potassium → ↑ risk of digoxin toxicity

## NOTES

