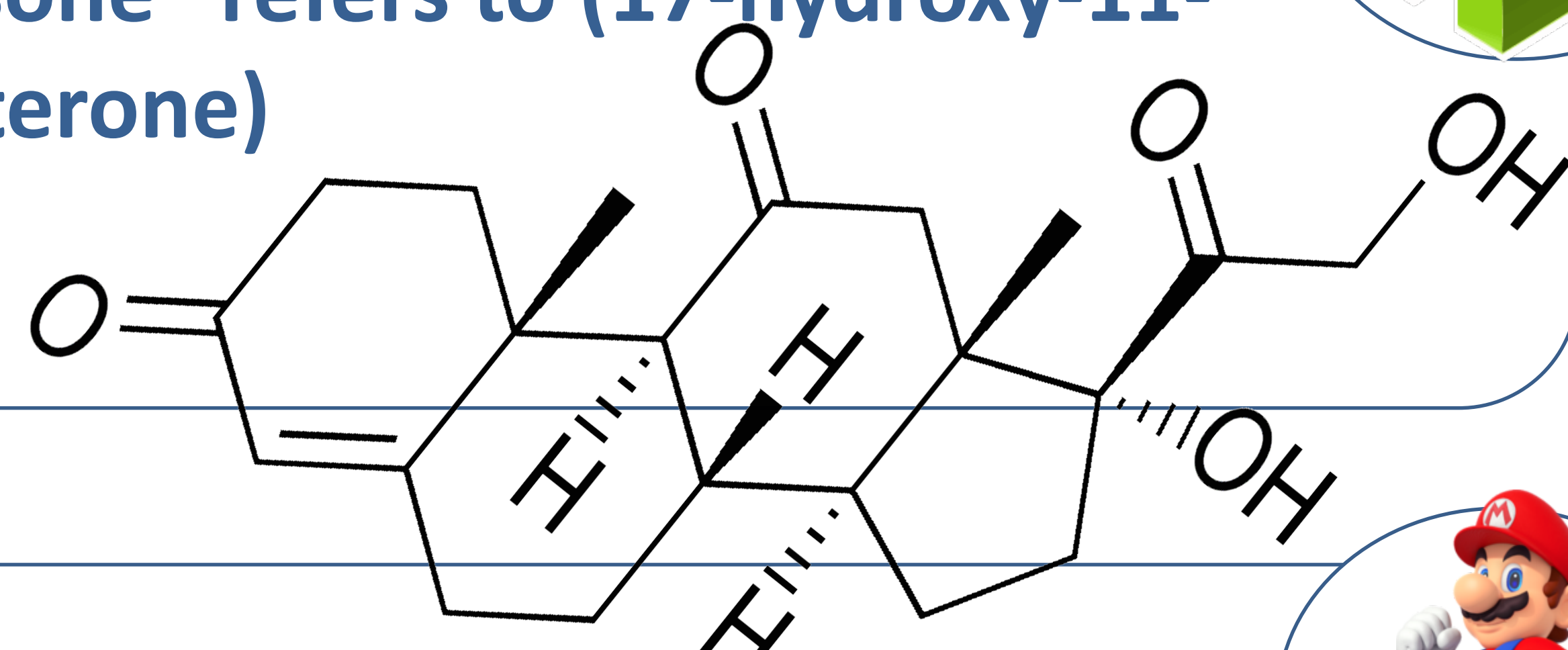


Cortisone, is a hormone that naturally produced by adrenal gland cortex, released when body is under stress. Cortisone is used to treat many different disorders.

➤ Structure

The word “Cortisone” refers to (17-hydroxy-11-dehydrocorticosterone)



➤ How Cortisone Works

By decreasing inflammation and reducing the activity of the immune system. Inflammation is a process in which the body's white blood cells and chemicals such as “ Prostaglandins , Histamines and Leukotrienes “ can protect against infection and foreign substances. Steroids reduce the production of these chemicals that cause inflammation. This helps keep tissue damage as low as possible



➤ Administration

- Local treatment
- Inhalation
- Oral
- Intravenous injection
- Intra-articular injection



➤ Dose

(25 mg to 300 mg per day)

It differs from patient to another according to age, weight, condition being treated and response.



➤ When to Take Cortisone



- Chronic ulcerative colitis
 - Ocular diseases
 - Arthritis (Rheumatic diseases)
 - Allergy
 - Breathing problems
 - Urgent and short treatment
 - Psoriasis
 - Neoplastic diseases
 - Addison’s disease (Replacement)
- ❖ *Corticosteroids are given by parenteral routes of treatment of:*
- Acute Asthma
 - Anaphylactic shock
 - Myocarditis
 - Acute renal impairment

➤ Important Warnings



- ❖ *To make sure you can safely take cortisone, tell your doctor if you have any of these conditions :*
- Chickenpox & measles warning
 - People with high blood pressure
 - Diabetic patients
 - Glaucoma
 - Allergy to Cortisone
 - Stomach & Intestinal Problems
 - Psychiatric & mood disorders
 - Kidney problems
 - Hepatic impairment

➤ Side Effects



- Confusion
- Restlessness
- Excitement
- Headache
- Nausea
- Skin problems
- Sleeping troubles
- Weight gain
- Fluid retention
- High blood pressure
- Osteoporosis
- Shortness of breath

➤ Misuse of Hydrocortisone



During prolonged therapy with cortisone, adrenal atrophy develops. Abrupt withdrawal should be followed. Sudden abrupt can lead to acute adrenal insufficiency “Addison’s disease“, hypotension and death.

➤ Reference

- <http://www.newworldencyclopedia.org/entry/Cortisone>
<http://cortisone-info.com/General-Information/Corticosteroid-therapies>
<http://cortisone-info.com/General-Information/What-conditions-are-treated>
<https://www.drugs.com/mtm/cortisone.html>

