

MAJOR PRINCIPLES OF GLUCOCORTICOSTEROID THERAPY

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Abstract

Currently the use of corticosteroids is an important part of management of non-infectious inflammatory diseases. Regardless of the fact that corticosteroids are available for clinical use since the mid of last century, still there are a lot of concerns about the rational use of these agents.

In order to unify the practical principles of corticosteroids dosing, the European recommendations for glucocorticosteroid therapy outlined the standardized grading of doses and presented new terminology. Modern concepts of genomic and non-genomic mechanisms of action of glucocorticoids, which depend on dose and type of compound, help to choose an effective regimen of systemic corticosteroid therapy. The administration of high doses of corticosteroids (pulse-therapy) has a pathophysiologic rationale, determined by an active effect on immune system and reduction of inflammation. A certain tactical considerations should be followed while decreasing the dose or stopping the corticosteroids. Close monitoring of patient's condition, timely identification of risk factors, and strict adherence to recommendations for the use of glucocorticosteroids significantly improve the safety, increase the duration of life and the quality of life of the patients.

Key words: systemic glucocorticosteroid therapy, genomic and non-genomic mechanisms of action, doses, pulse-therapy, monitoring of side-effects.

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