

GC for RA

Short acting (Preferred))

- Cortisone
- Hydrocortisone

Intermediate acting

- Prednisone
- Prednisolone

Long acting

- Betamethasone
- Dexamethasone
- !!!HPA suppresion

REMEMBER

Steroid = S = -sone

Anti-inflammatory effect & mechanism

ANTI-INFLAMMATORY EFFECTS & MECHANISMS

- ↓ Inflammation
- ↓ Blood vessel permeability

acute inflammation	chronic inflammation
<ul style="list-style-type: none"> • ↓ transcription of the genes for cell adhesion factors and cytokines • ⇒ ∴ ↓ migration of neutrophils & macrophages 	<ul style="list-style-type: none"> • ↓ activity of mononuclear cells • ↓ angiogenesis • ↓ fibroblast function • ↓ collagen glycosaminoglycans production • ⇒ ∴ ↓healing & repair

ANTI-INFLAMMATORY EFFECTS & MECHANISMS

- ↓ Synthesis of phospholipase A2 and COX-2
- ⇒ ∴ ↓ prostaglandin and leukotriene synthesis
- ↓ Inflammatory cytokines secretion
- ↓ T cell apoptosis
- ↓ cytotoxicity of NK cells

Adverse effect & Contraindication

Glaucoma

Lunacy (psychotic episode)

CI: Epilepsy

Ulcer (peptic)

CI: Peptic ulcer

Cushing syndrome

Opportunistic infection

CI: Immunosuppressive (eg: TB)

Cataract

for long term use

Adverse effect & Contraindication (cont)

Osteoporosis

CI: Osteoporosis

Retention sodium and water

CI: CHF, HpT, renal failure

Telangiectasia (dilated or broken blood vessels located near the surface of the skin or mucous membranes.

Insulin resistance

CI: Diabetes melitus

Outgrowth retardation

in children

Delayed wound heling

Supress HPA axis

long acting very potent GC:

- Betamethasone
- Dexamethasone

REMEMBER

GLUCOCORTICOIDS

cDMARDs

Leflunamide (Arava)

AE: Hepato, HpT

Sulfasalazine

Safe in pregnancy

AE: hypersensitivity, hepato

Cyclosporin

AE: GI, HpT

Hydroxychloroquine

AE: Eye, skin hyperpigmentation

Methotrexate

AE: GI, Hepato

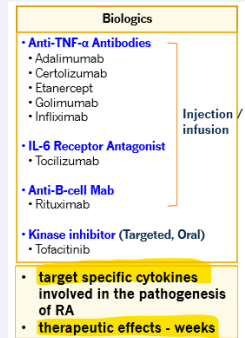
REMEMBER

LiSa Can you give Her Methotrexate

NOTES

- Only **Sulfanazide** is safe in pregnancy (*S = Sulfanazide = Safe in pregnancy - Sensitive*)
- **First line: M**

bDMARDs



extra

Adverse effect & Precaution

Reactivation TB

TB screening

Opportunistic infection

Hep B, Hep C, HIV screening (immunosuppression)

