



Corticosteroid  
Stewardship  
Alliance

# Advancing Policy, Coverage and Clinical Standards for Safer Steroid Use

## Why Corticosteroid Stewardship Matters

Corticosteroids, whether topical, oral, inhaled or injectable, have been foundational therapies for inflammatory and immune-mediated diseases for decades. When used appropriately, they can provide significant clinical benefit. However, widespread and often uncoordinated use has led to growing concerns about cumulative exposure, preventable adverse effects and inconsistent standards of care.

Corticosteroid stewardship is essential to modernizing care, protecting patients and ensuring steroids are used safely and only when clinically necessary.

## What Is Corticosteroid Stewardship?

Corticosteroid stewardship is a comprehensive, evidence-based approach to optimizing how corticosteroids are prescribed, monitored and managed in patients over time.

Stewardship does not seek to eliminate corticosteroid use but rather minimize cumulative harm to patients across care settings.

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## The Current Challenge

Steroid prescribing is commonplace across many specialties including dermatology, allergy, immunology, gastroenterology, rheumatology, orthopedics, endocrinology, ophthalmology and gynecology practices.

However, several gaps undermine patient safety:



**Adverse effects are common** and span multiple organ systems such as skin atrophy, adrenal suppression, osteoporosis, ocular damage, mood disturbances, hyperglycemia and more.



**Patients often receive overlapping prescriptions** from multiple providers without centralized tracking or cumulative exposure assessments.



**There is a lack of unified guidelines** for cumulative steroid exposure limits, monitoring, tapering or risk management across specialties.



**Outdated insurance policies reinforce overuse** by requiring steroids first before allowing for other non-steroid alternatives.

These gaps place patients at risk, even when corticosteroids are prescribed with appropriate clinical intent.

## Our Commitment

The Corticosteroid Stewardship Alliance, or CSA, is a collaborative initiative of the non-profit Derma Care Access Network, or DCAN, and Arcutis Biotherapeutics, uniting clinicians, patient advocates, researchers and policymakers to advance safer, evidence-based standard for corticosteroid use.



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