



Corticosteroid
Stewardship
Alliance

Modernizing Corticosteroid Labeling to Improve Patient Safety

The Need for Corticosteroid Stewardship

The Corticosteroid Stewardship Alliance is a coalition of patients, clinicians, researchers and health care organizations advancing the safe and appropriate use of corticosteroids. Corticosteroids are important treatments for many conditions, however, many patients often receive multiple corticosteroid products from different providers over long periods of time. Corticosteroid stewardship promotes a unified framework for informed prescribing and cross-specialty awareness, helping ensure these medications are used safely and when clinically necessary while preserving access to these important treatments.

Many patients often receive **multiple corticosteroid products** from different providers over long periods of time.

Stewardship is crucial as corticosteroid-related injury can affect multiple organ systems, including:



Metabolic health, including weight gain and diabetes progression



Cardiovascular health



Musculoskeletal health, including osteoporosis and increased fracture risk



Dermatologic complications, including striae, telangiectasias, bruising, dyspigmentation, acne and impaired wound healing



Neuropsychiatric complications



Ophthalmic complications

Current Labeling Does Not Reflect Cumulative Corticosteroid Exposure

Patients may receive corticosteroids as pills, injections, inhalers, creams, nasal sprays, eye drops and other forms. Using more than one corticosteroid over time can increase a patient's total exposure and raise the risk of detrimental side effects.

Current FDA labeling does not:

- Clearly explain the risks of cumulative corticosteroid exposure.
- Provide consistent safety information across different corticosteroid products.
- Help clinicians consider a patient's total corticosteroid exposure when making treatment decisions.
- Give patients the information they need to understand the risks of repeated or multiple corticosteroid treatments.

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FDA Should Update Corticosteroid Labeling

FDA should update corticosteroid labeling to reflect current evidence on cumulative corticosteroid exposure and associated injury. Modernized labeling would strengthen corticosteroid stewardship by:

- Clearly communicating the risks of cumulative corticosteroid exposure.
- Providing consistent safety information across all corticosteroid products.
- Supporting informed prescribing.
- Improving patient understanding of corticosteroid benefits and risks.



csstewardship.org



The Corticosteroid Stewardship Alliance, or CSA, is a 501(c)(4) non-profit uniting clinicians, patient advocates, researchers and policymakers to advance safer, evidence-based standard for corticosteroid use.

Contact CSA at info@csstewardship.org.