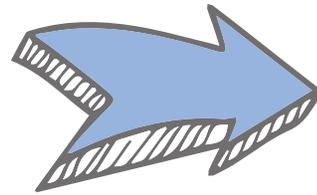


PREDNISONONE CHECKLIST

ARE YOU
MAKING
THE **Top 7** PREDNISONONE
MISTAKES?

Hello fellow prednisone patient!

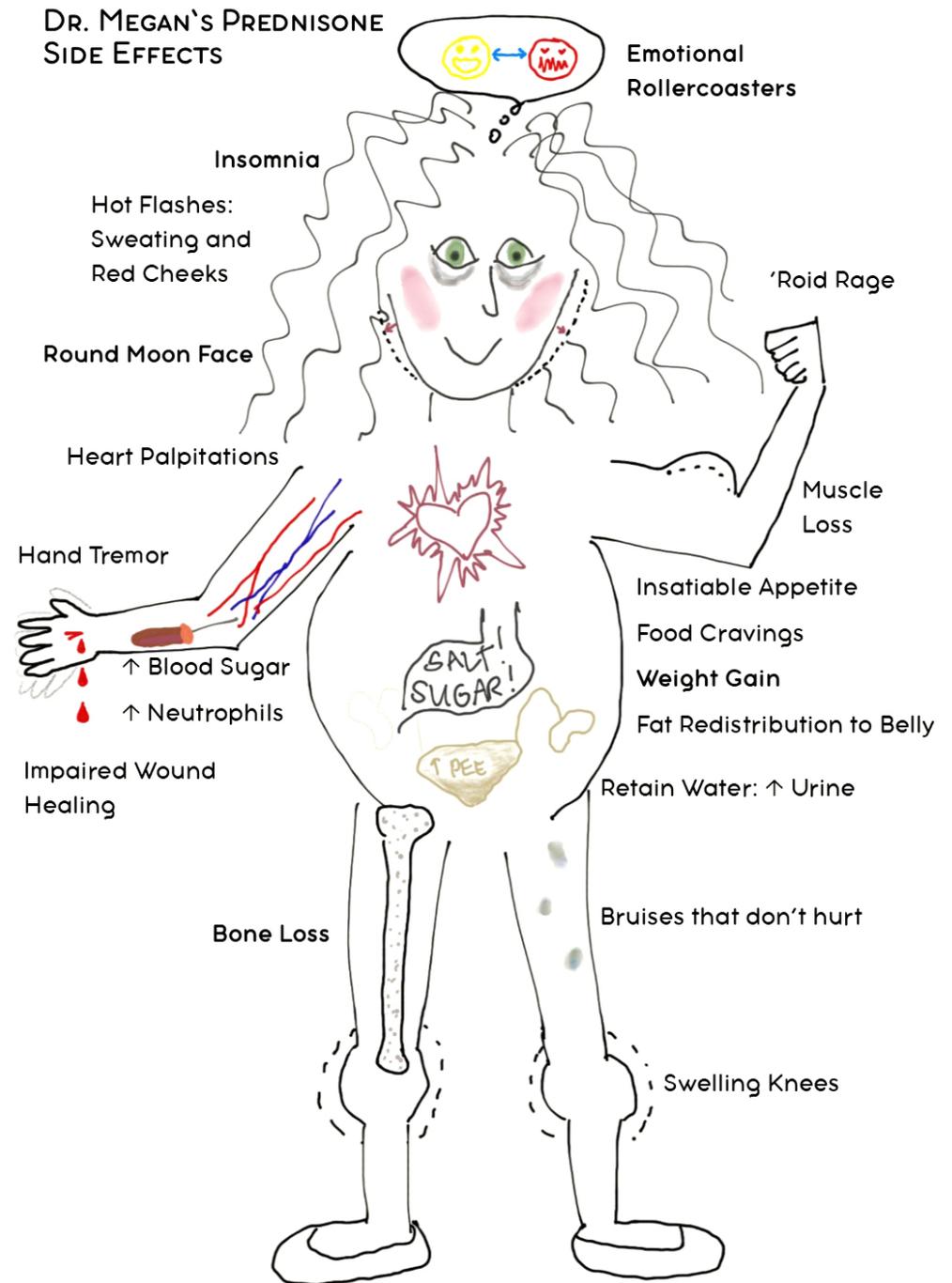
Do you ever feel like I do when taking prednisone?



I felt hopeless that my body was changing before my eyes and there was nothing I could do about it.

I discovered ways to fight back.

Read on to discover how you can, too.



Top 7 Mistakes

WHILE TAKING PREDNISONE



- **Suddenly stop taking prednisone—going “cold turkey.”**
- **Eating the standard American diet with fast food, processed food, candy, and bakery foods full of sugar and salt.**
- **Not taking precautions for osteoporosis.**
- **Drinking alcohol, caffeine, and soda.**
- **Letting muscles and strength waste away.**
- **Using screens before bedtime.**
- **Failing to check eyes, heart, weight, blood sugar and bones on time.**

Everyone taking prednisone should do:

More of these healthy habits...

Eat healthy food:

- Vegetables and foods high in calcium, potassium, and magnesium
- Protein
- Fiber
- Foods high in chromium, folic acid, vitamin A and vitamin C
- Take vitamin D and calcium supplement
- Drink lots of water

Exercise as your condition will allow:

- Weight-bearing exercise for bones
- Strength-training exercise for muscles
- 30 minutes most days of the week
- Don't exercise right before bedtime

Give yourself grace:

- Relax
- Accept that prednisone may change your personality temporarily
- Forgive yourself
- Ask others to understand
- Meditate
- Sleep

And less of these...

Eat less:

- Simple sugars (carbohydrates) like candy and bakery foods
- Salt and foods high in sodium
- Processed food
- Empty calories

Change your lifestyle:

- Quit smoking
- Limit alcohol
- Cut back on caffeine
- Limit screen time before bed

Never stop taking prednisone suddenly

- talk to your doctor about any concerns

1. Buckley L, Guyatt G, Fink HA, et al. Arthritis Rheumatol. 2017;69(8):1521-1537.
2. Liu et al. Allergy, Asthma, & Clinical Immunology. 2013;9:30.
3. Johnson HJ, Schonder KS. Summary of Immunosuppressant Adverse Effects. Solid-Organ Transplantation. In: DiPiro JT, Talbert RL, Yee GC, et al. Pharmacotherapy: A Pathophysiologic Approach. 6th ed. New York, NY: McGraw-Hill; 2005:1622.
4. Clinically Significant Drug-Induced Nutrient Depletion. Pharmacist's Letter. 2014.

Top 15

Concerns of People on Prednisone & What You Can Do About It

Your concern is	Things you can do EVERY DAY	Tips to do as needed	Talk to your doctor about
Weight Gain, Fat Changes	<ul style="list-style-type: none"> Beware that prednisone causes weight gain and eat as healthfully as you can. Exercise as your condition will allow, especially weight-bearing exercise like walking or dancing. 	<ul style="list-style-type: none"> Cut out sugar Cut out processed food Only eat whole foods 	<ul style="list-style-type: none"> Measure body weight
Retain Water, Moon Face	<ul style="list-style-type: none"> Drink water Limit salt (sodium) in your diet 	<ul style="list-style-type: none"> Cut out salt (sodium) Use potassium instead 	<ul style="list-style-type: none"> If you have too much swelling, tell your doctor.
Trouble Sleeping	<ul style="list-style-type: none"> Improve your sleep habits. Practice meditation and deep breathing to relax. Limit screen time two hours before bedtime. Exercise, but not right before bedtime. 	<ul style="list-style-type: none"> Take melatonin Take over-the-counter allergy medicine like diphenhydramine (Benadryl) that will make you drowsy. Get sunshine in the morning 	<ul style="list-style-type: none"> Ask your doctor for a sleeping medicine.
High Blood Pressure	<ul style="list-style-type: none"> Eat low-sodium (low salt) foods Lose weight Exercise 30 minutes most days of the week. 	<ul style="list-style-type: none"> Quit smoking Limit alcohol Cut back on caffeine 	<ul style="list-style-type: none"> Check your blood pressure If your blood pressure gets too high, then you may need to take medications to treat it.
Bone Loss (Osteoporosis)	<ul style="list-style-type: none"> Take calcium (1200 mg) and vitamin D (800 IU) daily; take half the dose in the morning and half at night. Eat high-calcium foods Exercise as your condition will allow, especially weight-bearing and strength-building exercise like walking or dancing. 	<ul style="list-style-type: none"> Limit your risk for falls by removing rugs or trip hazards, or installing bathroom grips. Quit smoking Reduce alcohol 	<ul style="list-style-type: none"> Measure height every year. Get your bones checked every year. Some people need to take a prescription medication to help.
Cataracts, Glaucoma, Blurry Vision	<ul style="list-style-type: none"> Exercise: take more steps Eat a healthy diet 	<ul style="list-style-type: none"> Quit smoking Limit alcohol 	<ul style="list-style-type: none"> Get your eyes checked every year.

Your concern is	Things you can do EVERY DAY	Tips to do as needed	Talk to your doctor about
Heart Problems	<ul style="list-style-type: none"> • Eat less processed food and more whole food. 	<ul style="list-style-type: none"> • Quit smoking • Limit alcohol 	<ul style="list-style-type: none"> • Your doctor may prescribe a heart medicine.
High Blood Sugar, Diabetes	<ul style="list-style-type: none"> • Avoid candy, baked goods, white flour, and white sugar. • Eat vegetables as a cornerstone of your diet. 	<ul style="list-style-type: none"> • Check your blood sugars 	<ul style="list-style-type: none"> • A prescription for medicine, like metformin, to lower blood sugar may be needed.
Emotional Mood Swings	<ul style="list-style-type: none"> • Tell your family and those close to you that you are not yourself emotionally while you are taking prednisone and ask them to be patient with you. • Start a meditation practice. 	<ul style="list-style-type: none"> • Deep breathing techniques to relax 	<ul style="list-style-type: none"> • If you have mood or behavior changes, get help. • Some people need to take a prescription to help.
Adrenal Suppression	<ul style="list-style-type: none"> • Never stop taking prednisone suddenly or without talking to your doctor about it. Your doctor will slowly lower your dose over a period of weeks to months. • Always take prednisone first thing in the morning, between 7-8 a.m. 	<ul style="list-style-type: none"> • Carry a medical alert tag so emergency workers know you're taking prednisone. 	<ul style="list-style-type: none"> • Ask your doctor about perhaps taking prednisone every other day.
Stomach Upset	<ul style="list-style-type: none"> • Take prednisone with food. • Don't take ibuprofen or naproxen while taking prednisone. 	<ul style="list-style-type: none"> • If you have stomach upset, you can take over-the-counter medicines like Tums or omeprazole (Prilosec). 	<ul style="list-style-type: none"> • Tell your doctor, and you may need a prescription.
Acne	<ul style="list-style-type: none"> • The lower the dose, the less likely acne will affect you. 	<ul style="list-style-type: none"> • Be sure to wash your face daily and if needed, use over-the-counter acne washes. 	<ul style="list-style-type: none"> • Use prescription-strength creams if needed.
Nutrient Changes: low calcium, potassium, magnesium, chromium, folic acid, vitamin A, vitamin C, and high sodium	<ul style="list-style-type: none"> • Eat foods high in calcium, potassium, magnesium, chromium, folic acid, vitamin A and vitamin C. • Avoid adding salt to food. 	<ul style="list-style-type: none"> • Take nutrient supplementation such as Zone, found at Nutranize.com. 	<ul style="list-style-type: none"> • Talk to your doctor about checking your blood levels.
Muscle Loss	<ul style="list-style-type: none"> • Resistance & endurance exercise like walking. • Eat protein 	<ul style="list-style-type: none"> • Use a protein supplement • Drink bone broth 	<ul style="list-style-type: none"> • Tell your doctor; you may need a prescription.
Weakened Immune System	<ul style="list-style-type: none"> • Prioritize sleep • Avoid contact with people with infections. 	<ul style="list-style-type: none"> • Carry a medical alert tag so emergency workers know you're taking prednisone. 	<ul style="list-style-type: none"> • Always tell your doctor if you might be sick since it's hard to tell while on prednisone.