

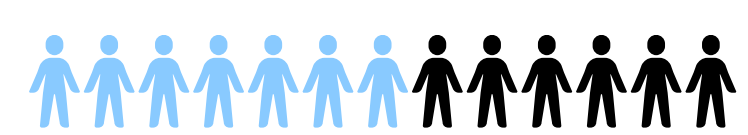
HORMONES & HEALING: THE GENDER IMPACT ON PREDNISONE

📌 What is Prednisone?

- ◆ Synthetic **corticosteroid** used to treat inflammation, autoimmune diseases, and allergic reactions.
- ◆ Works by suppressing the immune system and reducing inflammation.
- ◆ Prescribed for asthma, arthritis, lupus, and other conditions.

How Gender Affects Prednisone Response

- ◆ Women experience stronger effects due to hormonal differences.
- ◆ Men clear prednisone faster, leading to lower circulating drug levels.
- ◆ Women report more side effects such as weight gain and osteoporosis.



Hormonal & Metabolic Differences

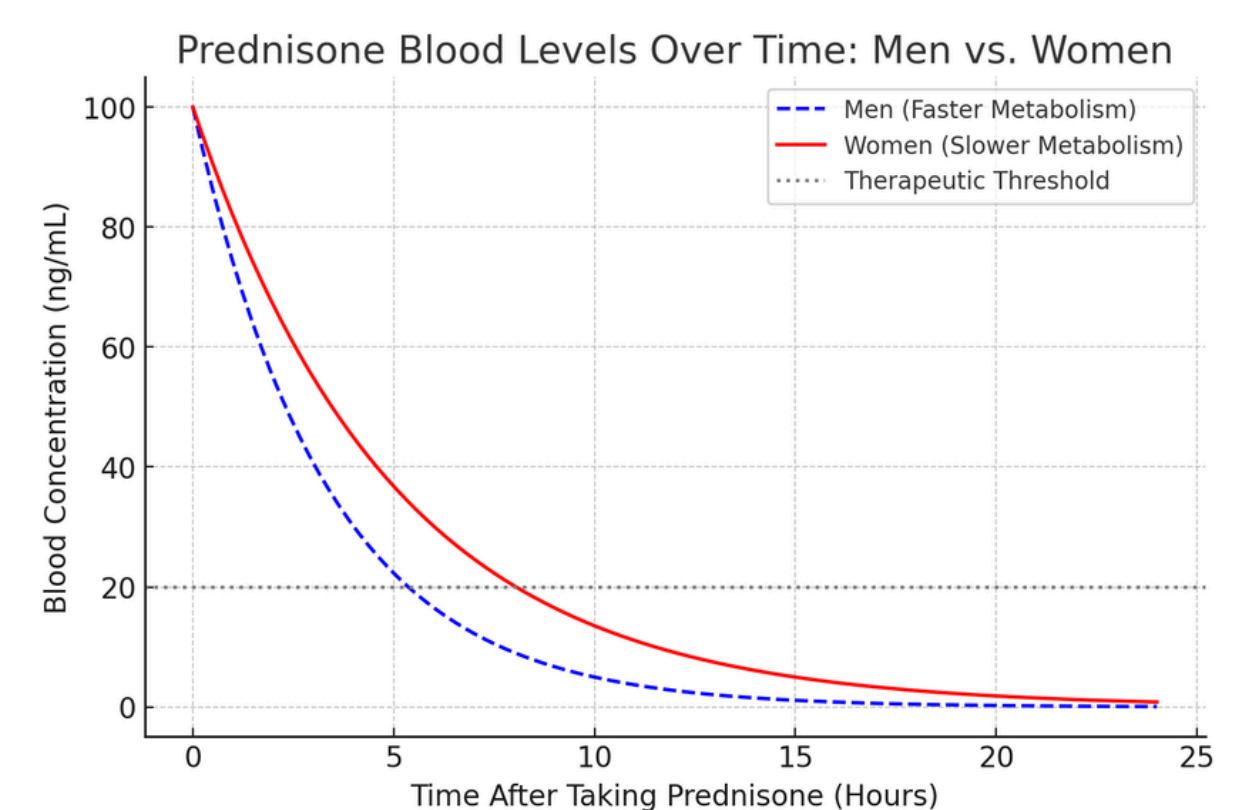
- ◆ **Estrogen** slows prednisone breakdown, leading to higher drug levels in women.
- ◆ Testosterone speeds up metabolism, reducing drug levels in men.
- ◆ Women may be more prone to adrenal suppression with long-term use.

💊 Dosage & Side Effects

- ◆ Higher risk of osteoporosis in women → Calcium & Vitamin D recommended.
- ◆ Men may need higher doses for the same effect due to faster clearance.
- ◆ Mood changes, insomnia, and weight gain reported more in women.

Research & Key Studies

- ◆ Studies show women retain prednisone longer, leading to increased side effects.
- ◆ Men tend to have faster drug elimination and lower long-term risks.
- ◆ Postmenopausal women are at the highest risk of prednisone-related complications.



Tailoring prednisone dosage by gender can improve treatment outcomes!

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