



Coping with Prednisone, Revised and Updated: (*and Other Cortisone-Related Medicines)

By Eugenia Zukerman, Julie R., M.D. Ingelfinger

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Approximately one million Americans per year take high doses of prednisone and related drugs. While these medicines may be necessary to treat serious illnesses, they may also have unpleasant, and even devastating, side effects, including changes in mood, weight, and physical strength, and vulnerability to infection.

In 1997, after acclaimed flutist Eugenia Zukerman was prescribed prednisone for a rare lung disease, she teamed up with her sister, Harvard physician Julie Ingelfinger, to write the first book that helps patients deal with the side effects of the prescription.

This welcome update to a superb resource—which is still the only book on the subject— covers the latest knowledge about bone health, the use of steroids for children, and new steroid compounds, along with additional strategies and exercises based on their own experiences and responses from other patients and physicians.

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Editorial Review

Review

"There's now a highly useful, state-of-the-art, and engaging book to guide the many who must use long-term cortisone-related medicines. What a wonderful addition." --Herbert Benson, M.D., author of *The Relaxation and Timeless Healing: The Power and Biology of Belief*

"I wish this book had been available in 1990, when I had a heart transplant; it would have saved me countless hours of anguish and concern...I will place this valuable book next to the dictionary and the encyclopedia-books that I refer to all the time." --Samuel Sanders, concert pianist and chamber musician

"This book is a superb resource for patients and professionals: a must-read for anyone taking or prescribing high-dose steroids." --Nina Tolkoff-Rubin, M.D., director of Dialysis and Renal Transplantation at Massachusetts General Hospital

About the Author

Eugenia Zukerman (left) is an internationally renowned flutist, the arts correspondent for CBS-TV News's "Sunday Morning," and the writer of many articles, two novels, and several screenplay. She lives in New York City.

Her sister, **Julie R. Ingelfinger, M.D.** (right), is chief of the Division of Pediatric Nephrology at Massachusetts General Hospital, directs her own research laboratory, and is an associate professor of Pediatrics at Harvard Medical School. Julie has written more than 130 articles, authored a book on pediatric hypertension, and is the editor of a textbook that comes out every other year, *Current Pediatric Therapy*. She lives in Boston.

Users Review

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Nick Jansen:

This Coping with Prednisone, Revised and Updated: (*and Other Cortisone-Related Medicines) tend to be reliable for you who want to be a successful person, why. The reason of this Coping with Prednisone, Revised and Updated: (*and Other Cortisone-Related Medicines) can be one of many great books you must have is giving you more than just simple reading food but feed an individual with information that might be will shock your before knowledge. This book is actually handy, you can bring it everywhere and whenever your conditions at e-book and printed types. Beside that this Coping with Prednisone, Revised and Updated: (*and Other Cortisone-Related Medicines) forcing you to have an enormous of experience such as rich vocabulary, giving you tryout of critical thinking that we all know it useful in your day exercise. So , let's have it and revel in reading.

Mary Ayala:

People live in this new time of lifestyle always aim to and must have the extra time or they will get large amount of stress from both day to day life and work. So , if we ask do people have extra time, we will say absolutely yes. People is human not just a robot. Then we inquire again, what kind of activity have you got when the spare time coming to you of course your answer may unlimited right. Then ever try this one, reading books. It can be your alternative throughout spending your spare time, the particular book you have read is *Coping with Prednisone, Revised and Updated: (*and Other Cortisone-Related Medicines)*.

Geraldine Louis:

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