

Steroid-sparing agents are a group of medications used to treat various inflammatory conditions. These medications are called steroid-sparing agents because they can help reduce inflammation without the need for high doses of steroids. Steroid-sparing agents are often used to treat conditions such as autoimmune diseases, vasculitis, and some neurological conditions. Some examples of steroid-sparing agents include azathioprine, methotrexate, and mycophenolate mofetil.

Azathioprine is an immunosuppressant medication that is often used to treat autoimmune diseases such as rheumatoid arthritis, myasthenia gravis, and inflammatory bowel disease. It works by suppressing the immune system, which can help reduce inflammation. Azathioprine is taken orally in tablet form, usually once a day. It may take several weeks for azathioprine to start working, so it is important to continue taking the medication as prescribed.

Methotrexate is another immunosuppressant medication that is used to treat a variety of inflammatory conditions. It works by blocking certain enzymes that are involved in the immune response. Methotrexate is taken orally or by injection, usually once a week. Like azathioprine, it may take several weeks for methotrexate to start working.

Mycophenolate mofetil is a newer immunosuppressant medication that is also used to treat autoimmune diseases. It works by suppressing the immune system and reducing inflammation. Mycophenolate mofetil is taken orally in tablet form, usually twice a day. It may take several weeks for mycophenolate mofetil to start working.

Steroid-sparing agents can be very effective in reducing inflammation and improving symptoms in many inflammatory conditions. However, they can also have side effects. Common side effects of these medications include nausea, vomiting, diarrhoea, and fatigue. Less common side effects include liver and kidney problems, low blood cell counts, and an increased risk of infections. It is also important to have regular blood tests while taking these medications to monitor for any changes in liver function, kidney function, or blood cell counts.

Before starting any medication, it is important to discuss the risks and benefits with your healthcare provider. Your healthcare provider will monitor you closely while you are taking these medications to ensure that they are working effectively and to watch for any potential side effects.

Steroid-sparing agents are medications that are used to reduce the need for corticosteroids, which can cause significant side effects when used long-term. They may be used in conjunction with corticosteroids to reduce the overall dose and duration of steroid use. This can help to minimize the side effects associated with long-term steroid use, such as osteoporosis, diabetes, and hypertension.