

Coping with Prednisone

REVISED AND UPDATED

COPING WITH PREDNISONE*

(*and other cortisone-related medicines)

IT MAY WORK MIRACLES,
BUT HOW DO YOU HANDLE THE
SIDE EFFECTS?

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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.

作者介绍:

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标签

医学

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评论

作者尤金娜·祖克曼，95-96年患嗜酸粒细胞肺炎服用甲泼尼龙。长笛手，前CBS一档节目的通讯员，小说家，也是以色列小提琴家、指挥家平夏斯·祖克曼的第一任妻子。可谓近年来读的最plain的英语。#然而我找书的时候并不知道作者是谁# #世界小不小

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