



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

From reader reviews:

Boris Hansen:

As people who live in the modest era should be upgrade about what going on or info even knowledge to make these keep up with the era and that is always change and move forward. Some of you maybe will certainly update themselves by reading through books. It is a good choice in your case but the problems coming to you is you don't know what kind you should start with. This Coping with Prednisone, Revised and Updated: (*and Other Cortisone-Related Medicines) is our recommendation so you keep up with the world. Why, as this book serves what you want and wish in this era.

Judith Robinson:

Playing with family in the park, coming to see the marine world or hanging out with buddies is thing that usually you have done when you have spare time, then why you don't try factor that really opposite from

that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Coping with Prednisone, Revised and Updated: (*and Other Cortisone-Related Medicines), you are able to enjoy both. It is good combination right, you still would like to miss it? What kind of hang type is it? Oh seriously its mind hangout guys. What? Still don't obtain it, oh come on its named reading friends.

Lloyd North:

Coping with Prednisone, Revised and Updated: (*and Other Cortisone-Related Medicines) can be one of your basic books that are good idea. We all recommend that straight away because this book has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The copy writer giving his/her effort that will put every word into joy arrangement in writing Coping with Prednisone, Revised and Updated: (*and Other Cortisone-Related Medicines) although doesn't forget the main level, giving the reader the hottest as well as based confirm resource facts that maybe you can be considered one of it. This great information may drawn you into brand-new stage of crucial imagining.

Sarah Petty:

This Coping with Prednisone, Revised and Updated: (*and Other Cortisone-Related Medicines) is great guide for you because the content that is full of information for you who else always deal with world and get to make decision every minute. This kind of book reveal it facts accurately using great coordinate word or we can point out no rambling sentences inside it. So if you are read that hurriedly you can have whole information in it. Doesn't mean it only will give you straight forward sentences but tricky core information with splendid delivering sentences. Having Coping with Prednisone, Revised and Updated: (*and Other Cortisone-Related Medicines) in your hand like finding the world in your arm, information in it is not ridiculous a single. We can say that no e-book that offer you world throughout ten or fifteen small right but this book already do that. So , this is good reading book. Heya Mr. and Mrs. active do you still doubt that will?

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