

Bjorn Bie, M.D.
Eric Stein, M.D.
Arthur Lauretano, M.D.
Vijay Nayak, M.D.
Jessica Hootnick, M.D.
Vishnu Kannabiran, M.D.
Scott Finlay, M.D.
Katherine Nickley, M.D.
Ashley Swanson, PA-C



MASSACHUSETTS
EAR, NOSE AND THROAT ASSOCIATES

3 Meetinghouse Road
Chelmsford, MA 01824
280 Main Street
Suite 140
Nashua, NH 03060
Phones: (978) 256-5557
(603) 594-3025
Fax: (978) 256-1835
www.massent.com

Consent for Corticosteroid Therapy

Corticosteroids (also known as “steroids”, Prednisone and Medrol) are medications that are used for your condition. They are similar to natural substances produced by your body, but in higher doses. They are different from anabolic or “muscle-building” steroids which athletes use. However, there are some side effects and risks of which you should be aware.

Side effects:

1. Stomach irritation
2. Mood swings.
3. Extra energy levels or appetite.
4. Difficulty sleeping.
5. Increased risk of developing chicken pox if you have never had them before.

You must notify doctor if any of the above symptoms become severe or if you develop a rash/fever which resembles chicken pox.

Risks (include but are not limited to):

1. Stomach ulcer.
 2. Increased high blood pressure.
 3. Worsening of diabetes.
 4. Re-activation of tuberculosis.
 5. Worsening of underlying psychiatric disorder.
 6. Although controversial, corticosteroid therapy may have a rare risk of hip fracture.
- For this reason, you MUST notify your doctor if you have any of the above prior to beginning steroid medication.

Risks of long term use of steroids are numerous and include:

Osteoporosis (thinning of the bones), bone fracture, weight gain, fluid retention, skin changes, high blood pressure, weakened immune system and cataracts.

The risk of developing these with a short course of steroids is very, very low.

I have read and understand the above. I understand this treatment is elective (optional) and my alternatives include not taking this treatment. I agree to taking the prescribed course of steroids and will notify my doctor if the above applies. I have had all my questions answered to my satisfaction.

Patient, Parent, or Guardian

Date

Copy given to patient