

Complications of steroid therapy:

Physical appearance: **'BASH ME'**

B- Buffalo hump

A-Acne

S- Striae

H- Hirsutism

M- Moon face

E- Easy bruising/Eye problem (cataract/glaucoma)

My personal mnemonic: "**DD the FAT HIPPO**"

D- Diabetes

D- Depression

F- Fracture (osteoporosis)

A -Avascular necrosis of femoral head

T- Trouble sleeping (Insomnia)

H- Hypertension

I -Infection- PCP, CMV, Tb, Cryptococcus, Candidiasis

P- Physical appearance (BASH ME)

P- Peptic ulcer, Proximal myopathy.

O- Obesity

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