


Steroid Sparing Medications

Your sarcoidosis team may recommend a medicine to be taken with prednisone. These medicines are called "steroid sparing agents" because when they work, they allow you to take a lower dose of prednisone (a steroid) while keeping the sarcoidosis inflammation under control. None of the medicines used as steroid sparing are approved by the Federal Drug Administration to treat sarcoidosis, but your doctor can still prescribe them if they might help you.

The immune system's job is to prevent infection and to stop bad cells from becoming cancer. Most steroid sparing medicines quiet the immune system, which increases the risk of infection and cancer as the medicines lower the immune system's activity. Steroid sparing medicines often take a few months to work and may require regular blood tests. It is important to track your sarcoidosis symptoms to see if the medicine is right for you. Keeping a journal of your symptoms may give you and your treatment team important information about whether the medicine and the dose are working.



Why Use Steroid Sparing Medicines?

Prednisone is used to control sarcoidosis inflammation, but sometimes the dose needed causes bad side effects. Those patients may get relief by using a steroid sparing medicine to lower the prednisone dose and reduce their side effects. It is important to discuss with your doctor whether a steroid sparing medicine is right for you because each works better in certain cases and for certain parts of the body.