

# Topline Summary

## 2024 Global Survey Key Findings on Steroid Use for Lupus Care

The World Lupus Federation conducted a global survey to study the impacts of steroids use to treat lupus. The 20-question survey was administered in February-March of 2024 to people with lupus. The survey results reveal the extent and impacts of steroid use for the care of lupus. [Click here to view detailed global survey results.](#)



The global survey had a wide reach, with **7,741** respondents living with lupus from at least **108\*** countries.

**91%** of survey respondents were **currently taking or have taken** oral steroids to treat their lupus. (n=7,741)



3 in 4 respondents have taken steroids for **over a year** (n=6,958)



1 in 4 respondents have taken steroids for **over 10 years** (n=6,958)

In the United States, **Black or African Americans** were **more likely** than respondents of other races/ethnicities to have been on steroids for **over five years**.

**43%** Reported their **typical dose** is above maintenance doses<sup>1</sup> (n=6,344)



**58%** Reported taking a **maximum dose** of 30mg or more (n=6,309)

<sup>1</sup>A maintenance dose of steroids is between 5-7.5mg

**96%**

Reported being concerned about the **long-term side effects** of steroid use (n=7,046)



**90%**

Reported being concerned about the **short-term side effects** of steroid use (n=7,046)

*I absolutely hate the side effects of taking steroids, but unfortunately, I don't feel there's a better option out there when a bad flare comes on. – Survey respondent*

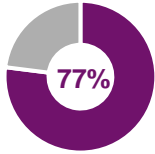


**6 in 10** respondents reported **at least one major side effect** of using steroids (e.g., diabetes, heart disease, organ failure, osteoporosis, or vision impairment); this was true for **7 in 10** respondents taking steroids for **more than five years**. (n=6,958)

**90%** reported that steroid use made their lupus symptoms **better**, yet **95%** of respondents reported **at least one side effect**. (n=7,043)

“Even though I am taking other medications for my lupus, steroids seem to be the only thing that works when I am flaring.” – Survey respondent

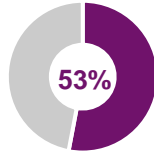
Respondents reported an **average of 6 side effects** from a possible list of 19. (n=7,043)



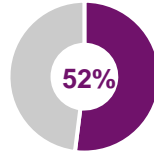
Weight gain



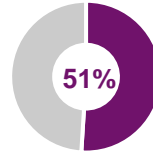
Mood swings



Appearance changes



Insomnia



Increased appetite



Hair loss



**39%** reported **not being asked by their doctors for input on steroid dosage** (n=7,338)

**29%** reported that **their doctors wanted them to continue taking steroids even when their lupus is under control** (n=7,043)

**23%** reported **not having been warned by their doctors about the negative effects of long-term steroid use** (n=7,043)



Respondents with lupus nephritis are more likely to take steroids at **higher doses, for longer durations, and report major side effects**.

