World Lupus Federation 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. <u>Click here to view</u> <u>detailed global survey results</u>.



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 doses¹ (n=6,344) **58%**

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

¹A 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 \Im



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)

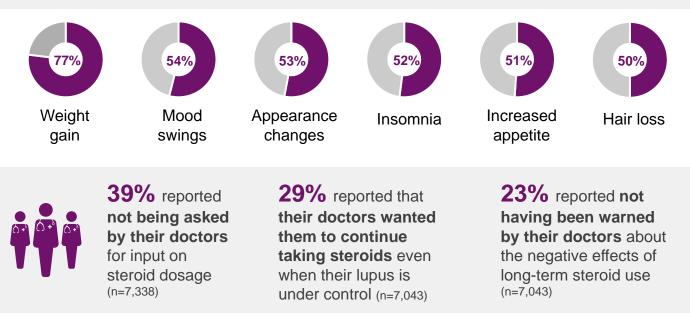
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90% reported that steroid use made their lupus symptoms **better**, yet **95%** of respondents reported **at least one side effect**. (n=7,043)

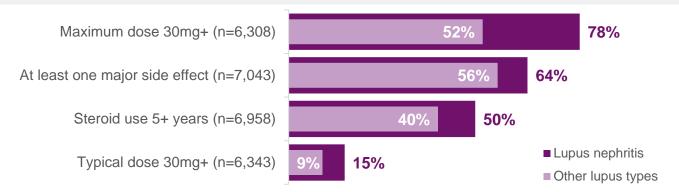
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Even though I am taking other medications for my lupus, steroids seem to be the only thing that works when I am flaring. – Survey respondent

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



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





*Nations represented include: Afghanistan, Albania, Algeria, Andorra, Argentina, Armenia, Australia, Australia, Azerbaijan, Bahamas, Bangladesh, Barbados, Belarus, Belgium, Belize, Bolivarian Republic of Venezuela, Bolivia, Bosnia and Herzegovina, Brazil, Bulgaria, Canada, Chile, Colombia, Costa Rica, Croatia, Cuba, Cyprus, Czech Republic, Denmark, Dominica, Dominican Republic, Ecuador, Egypt, El Salvador, Equatorial Guinea, Estonia, Fiji, Finland, France, Georgia, Germany, Ghana, Greece, Grenada, Guatemala, Guyana, Honduras, Hong Kong (S.A.R.), Hungary, Iceland, India, Indonesia, Ireland, Islamic Republic of Iran, Italy, Jamaica, Japan, Kenya, Lithuania, Malawi, Malaysia, Maldives, Mauritius, Mexico, Mongolia, Montenegro, Myanmar, Namibia, Nepal, Netherlands, New Zealand, Nicaragua, Nigeria, Norway, Pakistan, Panama, Paraguay, Peru, Philippines, Poland, Portugal, Republic of Korea, Romania, Saint Lucia, Saint Vincent and the Grenadines, Serbia, Singapore, Slovakia, Slovenia, South Africa, Spain, Sri Lanka, Swaziland, Sweden, Switzerland, Taiwan, Thailand, Trinidad and Tobago, Turkey, Uganda, United Arab Emirates, United Kingdom of Great Britain and Northern Ireland, United Republic of Tanzania, United States of American, Uruguy, Uzbekistan, Zambia