



The Adverse Effects Of Prolonged Use Of Corticosteroids And (Non-Steroidal Anti-Inflammatory Drugs) Nsaids In Rheumatoid Arthritis

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ABSTRACT

Introduction: Rheumatoid arthritis (RA) is a chronic disease whose main symptom is inflammation of the joints. The main drugs given to fight this disease are corticosteroids that have anti-inflammatory action and (non-steroidal anti-inflammatory drugs) NSAIDs. While drugs are extremely useful in the treatment of this disease, corticosteroids have a list of side effects if used too much and for long time. **Objective:** emphasize the adverse effects of prolonged use of corticosteroids and (non-steroidal anti-inflammatory drugs) NSAIDs in rheumatoid arthritis. **Methodology:** This study deals with a literature review performed in databases the SciELO and Pubmed, using combinations of descriptors "Rheumatoid Arthritis", "Corticosteroids", "Consequences". 101 articles were found, from which 6 were selected the reading of the respective digests. **Results and Discussion:** The studies and research already carried out on this subject have shown that 20-40% of patients, adults or elderly, who use (non-steroidal anti-inflammatory drugs) NSAIDs at risk of having gastric ulcer, as well as 42% of users have likely increased incidence of cardiovascular events. Their prolonged use may also increase in 5-6 mmHg the average pressure in patients with hypertension..Hospitalization is more frequent in patients who ingest steroids, being admitted with sepsis 0.05% compared with 0.02% of those who did not. As to thrombus formation, the rate of hospitalization was 0.14% versus 0.09% and fractures was 0.51% versus 0.39%. In the face of variables involving rheumatoid arthritis, NSAIDs and corticosteroids, while treating the condition can cause a lot of damage to the patient if administered without interruption. **Conclusion:** It is necessary further studies on the adverse effects of drugs, research on palliative alternatives and new therapeutic strategies such as drug therapy, physical therapy, psychosocial support and surgical treatments.

Keywords: Rheumatoid Arthritis; Consequences; corticosteroid; Chronic disease

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