

*Health Risks Associated with Corticosteroid Therapy in Treatment of Pediatrics Patients*

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Corticosteroids, derived from the adrenal cortex, play a crucial role in regulating various physiological processes. Synthetically made corticosteroids are commonly prescribed for respiratory, gastrointestinal, cardiovascular, and dermatologic disorders, corticosteroids which include two main classes: glucocorticoids and mineralocorticoids. This review focuses on synthetic glucocorticoids, known for their anti-inflammatory and immunosuppressive effects. A systematic search of scientific databases was conducted to analyze primary and secondary literature on corticosteroid treatment in pediatric health. While corticosteroid treatments offer significant benefits, they also pose adverse health risks, such as addiction, dependency, and abnormal growth in pediatric patients. Careful monitoring and regulation are essential to mitigate these risks. This review argues that prolonged and over-prescription of corticosteroids in pediatric care can lead to long-term, irreversible conditions, necessitating secondary treatments. By synthesizing current knowledge and highlighting key clinical considerations, this review promotes the exploration of alternative medications and provides valuable insights for future studies.