the hip, is open to question. Further studies are also necessary to explain the high incidence of patellofemoral degenerative changes and complaints observed.

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References

Corticosteroid dosage for temporal arteritis

Sir, I was interested to read the paper by Delecoeuillerie et al on polymyalgia rheumatica and temporal arteritis.1 It would appear from their results that most patients with temporal arteritis can be treated with low doses of corticosteroid—that is, no more than 20 mg/d of prednisone. They treated 25 patients with 10-20 mg/d of prednisone, and these patients did not experience any more temporal arteritis complications and had significantly less corticosteroid related adverse effects than 53 patients treated with higher doses. In view of their concern about corticosteroid side effects they suggested that controlled trials are needed to evaluate the results of treatment with low doses of corticosteroid for both polymyalgia rheumatica and temporal arteritis.

Although there is no evidence to suggest that high doses of corticosteroid given at the time of arteritic crises such as blindness in temporal arteritis make any difference to the outcome, it is customary to treat patients with temporal arteritis with high doses of corticosteroid from the outset, on the grounds that this will prevent complications such as blindness occurring. Only when temporal arteritis is under control is the dose of corticosteroid subsequently lowered. If it could be shown that certain patients with polymyalgia rheumatica and temporal arteritis will develop these arteritic crises irrespective of the dose of prednisone used then obviously there would be no need for high doses of corticosteroid. At the moment there is no way of identifying that small group of patients from the majority who suffer no serious arteritic complications. To have a trial in which patients with temporal arteritis are kept on low doses of corticosteroid (no more than 20 mg/d of prednisone) could raise serious ethical and medicolegal questions.

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Reference
Corticosteroid dosage for temporal arteritis.

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