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Cortisone for Arthritis

Doctors recommend injections of corticosteroids (also commonly known as cortisone) for many arthritis patients.

Cortisone is a powerful anti-inflammatory medication that can reduce joint inflammation.

Because the medication is injected directly into the joint, the effects of the medication are concentrated on the painful joint. The injected cortisone can bring the inflammation in the joint under better control and decrease the swelling and pain.

It is actually safe and fast. It involves little or no pain.

And therapeutic injections have important benefits. They deliver the medicine to the exact spot that needs it. They also allow you to use lower and fewer doses of oral steroids, which are highly toxic.

Most doctors give only three injections per year in large, weight-bearing joints. This includes joints in your knee and hip. However, patients with arthritis pain that cannot be controlled in other ways can get injections more often.

Complications

A temporary increase in pain and swelling.:6 percent of arthritis patients who receive injections in their joints experience this passing pain.

Mild, temporary flushing (sudden redness of the skin) and agitation.

Injections can also make diabetic symptoms worse.

There is a chance that the injection can introduce an infection into the joint. However, the odds of this are very slight [1 in 1000 to 1 in 1600 times]Some doctors and patients have wondered if the cartilage and other tissues of the joints are damaged by injections into the joint. Studies have not shown this to happen.

There may be depigmentation or thinning of the fat at the site of injection