

**Table 1** The Glucocorticoid Toxicity Index

Composite GTI	Item weight	Specific List
<b>BMI</b>		
Improvement in BMI	-8	Major increase in BMI
No change in BMI	0	
Moderate increase in BMI	21	
Major increase in BMI	36	
<b>Glucose tolerance</b>		
Improvement in glucose tolerance	-8	Diabetic retinopathy
No change in glucose tolerance	0	Diabetic nephropathy
Worsening of glucose tolerance	32	Diabetic neuropathy
Worsening of glucose tolerance despite treatment	44	
<b>Blood pressure</b>		
Improvement in blood pressure	-10	Hypertensive emergency
No change in blood pressure	0	Posterior reversible encephalopathy syndrome
Worsening hypertension	19	
Worsening hypertension despite treatment	44	
<b>Lipids</b>		
Improvement in lipids	-9	
No change in lipids	0	
Worsening hyperlipidaemia	10	
Worsening hyperlipidaemia despite treatment	30	
<b>Bone density</b>		
Improvement in bone density	-1	Major decrease in bone density
No change in bone density	0	Insufficiency fracture
Decrease in bone density	29	
<b>Steroid myopathy</b>		
No steroid myopathy	0	Severe steroid myopathy
Mild steroid myopathy	9	
Moderate steroid myopathy or greater	63	
<b>Skin toxicity</b>		
No skin toxicity	0	Severe skin toxicity
Mild skin toxicity	8	
Moderate skin toxicity or greater	26	
<b>Neuropsychiatric toxicity</b>		
No neuropsychiatric symptoms	0	Psychosis
Mild neuropsychiatric symptoms	11	GC-induced violence
Moderate neuropsychiatric symptoms or greater	74	Other severe neuropsychiatric symptoms
<b>Infection</b>		
No significant infection	0	Grade IV infection
Oral/vaginal candidiasis or uncomplicated zoster	19	Grade V infection
Grade III infection or greater	93	
<b>Endocrine</b>		Adrenal insufficiency
<b>Gastrointestinal</b>		Perforation
		Peptic ulcer disease
<b>Musculoskeletal</b>		Avascular necrosis
		Tendon rupture
<b>Ocular</b>		Central serous retinopathy
		Intraocular pressure elevation
		Posterior subcapsular cataract
<b>Total</b>	<b>-36 to 439</b>	

BMI, body mass index; GC, glucocorticoid; GTI, Glucocorticoid Toxicity Index.