

Topical Steroid Withdrawal Syndrome is characterized by red, itchy, burning skin that can appear after ceasing steroid treatments or even between treatments. Topical steroids are effective for a period of time to treat the skin condition. As time passes, however, applying topical steroids results in less and less clearing. The original problem escalates as it spreads to other areas of the body. TSW Syndrome comes with severe secondary complications, requiring multiple daily interventions for a protracted period of time. Many sufferers are bedridden and housebound for months to years before symptoms abate. TSW Syndrome is caused inadvertently by a medical treatment. The body develops tolerance to topical steroid therapy, requiring more of the drug to be used to achieve the previous therapeutic benefit, and causing the skin to "rebound" upon withdrawal. During withdrawal, symptoms can include: severe flaking and oozing, thermoregulation issues, swelling, nerve pain, insomnia, hair loss, fatigue, enlarged lymph nodes, emotional fluctuations, hypersensitivity to water, movement, temperature and fabric.

IMPORTANT TIPS FOR TSW FRIENDS & FAMILY

*"The Simple act
of Caring is
Heroic" -
Edward Albert*

1

Remember this is not a choice. This is a drug withdrawal. Do not try to persuade them to go back to a drug that caused the withdrawal

2

Don't tell them not to scratch, it's like telling them not to breathe

3

TSW can affect mental health. Your loved one will be grieving their normal life. Try to be supportive, compassionate, positive and encouraging

4

This is a physically disabling condition. Be prepared to assist with everyday tasks like cooking healthy meals and cleaning

5

Understand they will go through different stages of withdrawal. Be patient, their needs may change frequently. You being there when needed is most important