

Topical Steroid Withdrawal Syndrome Awareness Day Resolution

Whereas, Topical Steroid Withdrawal Syndrome (TSWS), also known as Topical Steroid Addiction or Red Skin Syndrome, is a severe, debilitating condition that can arise from intentional or unintentional exposure to topical steroids;

And, whereas topical steroids are widely prescribed and purchased over the counter to treat acute as well as chronic skin conditions, such as eczema, psoriasis, vitiligo, and alopecia areata;

And, whereas TSWS is characterized by skin flushing, inflammation, diffuse spreading rashes, profuse skin flaking, burning and itching worse than the original condition that typically appear after use of topical steroid treatments, between treatments, or after discontinuing topical steroids;

And, whereas it can take several months to several years for symptoms to subside, leaving some TSWS sufferers bedridden and housebound unable to work, care for children, or go to school;

And, whereas a prolonged withdrawal and recovery period can take a significant toll on patients' mental health as well as their physical health - 81 percent of adults and 56 percent of children experiencing TSWS report feeling anxious and/or depressed and 47 percent of adults and 11 percent of children experiencing TSWS report suicidal ideation;

And, whereas the prevalence of topical steroid addiction is unknown due to a scarcity of published research;

And, whereas the scarcity of research on TSWS impedes efforts to define diagnostic criteria for TSWS; understand its causes, mechanics, and effects; develop appropriate treatment protocols; and educate providers and patients about TSWS and steroid stewardship;

And, whereas a lack of awareness of and education about TSWS among patients and providers can lead to friction between them, causing patients to question their providers' medical oversight and providers to suspect their patients of medication non-compliance and occasionally, parental neglect;

And, whereas all parties would benefit greatly from awareness and prevention education on the signs of topical steroid dependence and the risks of TSWS;

Now, therefore; the legislature of the great state of _____ finds and declares:

February 3 is Topical Steroid Withdrawal Syndrome Awareness Day

