

Review of: "Harmful “Herbalism” maliciously spreading from Mexico determines cases of iatrogenic Cushing's syndrome"

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Potential competing interests: No potential competing interests to declare.

An interesting article that highlights the negative effect of steroids, conditioned by the inappropriate use of natural medicines, caused by the need of patients to mitigate joint pain, and on the other hand, the unfair act of companies that mix derivatives of various steroids in the naturopathic supplement that, due to its potential anti-inflammatory benefit, calms pain.

A patient already exposed to these natural supplements and their analgesic benefits begins a vicious circle, where chronic use of the same in the medium and short term (depending on the dose and quantity of the steroid) will generate the classic data of exogenous hypercortisolism, which now it will affect multiple biochemical actions, in several hormonal axes, causing an increased risk of hyperglycemia, hypertension, weight gain, osteopenia, increased cardiovascular risk, and in some cases the sustained suppression of the adrenal axis that can put the patient's life at risk.

The role of every doctor is to identify the early signs of hypercortisolism, look for its association with the supplement and notify the competent regulatory authorities in the health area of each region. It is necessary to establish communication with the patient, warning him of the potential risks of using drugs and supplements that have not been approved or that lack studies that demonstrate safety and benefits.