

# “TOASST”-STUDY

## “Taper or Abrupt Steroid STop”

A randomized controlled multicenter trial

Principal Investigator / Sponsor: Prof. Jonas Rutishauser

**Gesucht werden Patienten**, die aufgrund einer entzündlichen oder Autoimmun-Erkrankung über mind. 28 Tage mit einem systemischen Glucocorticoid p.o. oder/und i.v. behandelt wurden, und bei denen infolge eines günstigen Verlaufs die Behandlung beendet werden kann.

Inclusion Criteria
Written Informed Consent according to ICH/GCP Guidelines
Age $\geq 18$ years
<b>Daily glucocorticoid dose <math>\geq 7.5</math> mg prednisone-equivalent at the time of inclusion</b>
<b>Therapy over <math>\geq 28</math> days prior to inclusion with <math>\geq 15</math> mg average daily dose and a cumulative glucocorticoid dose <math>\geq 420</math> mg prednisone-equivalent</b>
Tapering not or no longer mandatory to treat underlying disease
Exclusion Criteria
Primary adrenal failure (known from medical history)
Pregnancy
Treatment with systemic depot glucocorticoids (e.g. intramuscular, epidural)
Incapability to administer glucocorticoid cover treatment in situations of stress
Inability to follow the procedures of the study (language problems, psychological disorders, dementia, etc.)
Inability or unwillingness to provide informed consent
Known or suspected non-compliance
Participation in another study with investigational drug within 30 days preceding and during the present study
Women of childbearing potential, not using or willing to continue using a medically reliable method of contraception for the entire study duration
Close affiliation with investigational site, e.g. a close relative of the investigator, dependent person (e.g. employee or student of investigational site)
Previous enrolment into the current study

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