

Oral Corticosteroid Use in Portuguese SLE Patients: Preliminary Results from TRANSfORM

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Introduction

Systemic lupus erythematosus (SLE) is a chronic autoimmune condition affecting about 0.1% of the Portuguese population.¹ Although oral glucocorticoids (OCS) remain central to SLE management, long-term use increases the risk of adverse outcomes and irreversible organ damage. Recent EULAR (2023) and ACR (2025) guidelines advocate for limiting OCS maintenance doses to ≤5 mg/day prednisone equivalent or discontinuation where feasible. However, real-world data on OCS utilization among Portuguese SLE patients are lacking.^{2,3}

Objectives

To systematically characterize OCS use among Portuguese patients with systemic lupus erythematosus (SLE) within the community pharmacy setting, describing real-world treatment patterns and alignment with current EULAR/ACR recommendations.

Results

