Did you know upper respiratory infections and chest colds can last over 2 weeks? Injectable corticosteroids, also known as steroids, are usually not the best way to treat how you are feeling.

In fact, studies show that a steroid injection (shot) can:
- Increase your chances over the next 1-2 months for infection, bone fracture, and possibly a blood clot
- Cause over the next 1-2 weeks, sleepless nights and jitteriness
- Increase your blood sugars/glucose levels especially if you have diabetes

Talk with your healthcare provider. Be sure to ask:
- Are steroids really needed?
- Are there less risky alternatives to steroids to help me feel better?
- Would ibuprofen, Tylenol, or an over-the-counter, night time syrup help?
- Would a prescription for benzonatate (Tessalon Perles) for cough suppression help?