Table 1 The Glucocorticoid Toxicity Index

Composite GTI	Item weight	Specific List
BMI		
Improvement in BMI	−8	Major increase in BMI
No change in BMI	0	
Moderate increase in BMI	21	
Major increase in BMI	36	
Glucose tolerance		
Improvement in glucose tolerance	−8	Diabetic retinopathy
No change in glucose tolerance	0	Diabetic nephropathy
Worsening of glucose tolerance	32	Diabetic neuropathy
Worsening of glucose tolerance despite treatment	44	
Blood pressure		
Improvement in blood pressure	−10	Hypertensive emergency
No change in blood pressure	0	Posterior reversible encephalopathy syndrome
Worsening hypertension	19	
Worsening hypertension despite treatment	44	
Lipids		
Improvement in lipids	−9	
No change in lipids	0	
Worsening hyperlipidaemia	10	
Worsening hyperlipidaemia despite treatment	30	
Bone density		
Improvement in bone density	−1	Major decrease in bone density
No change in bone density	0	Insufficiency fracture
Decrease in bone density	29	
Steroid myopathy		
No steroid myopathy	0	Severe steroid myopathy
Mild steroid myopathy	9	
Moderate steroid myopathy or greater	63	
Skin toxicity		
No skin toxicity	0	Severe skin toxicity
Mild skin toxicity	8	
Moderate skin toxicity or greater	26	
Neuropsychiatric toxicity		
No neuropsychiatric symptoms	0	Psychosis
Mild neuropsychiatric symptoms	11	GC-induced violence
Moderate neuropsychiatric symptoms or greater	74	Other severe neuropsychiatric symptoms
Infection		
No significant infection	0	Grade IV infection
Oral/vaginal candidiasis or uncomplicated zoster	19	Grade V infection
Grade III infection or greater	93	
Endocrine		Adrenal insufficiency
Gastrointestinal		Perforation
		Peptic ulcer disease
Musculoskeletal		Avascular necrosis
		Tendon rupture
Ocular		Central serous retinopathy
		Intraocular pressure elevation
		Posterior subcapsular cataract
Total	−36 to 439	

BMI, body mass index; GC, glucocorticoid; GTI, Glucocorticoid Toxicity Index.