

Moderator: If someone took 50-60 mg of prednisone ten plus years ago, and has not taken any since, does their risk for heart and stroke problems decrease over time?

Dr. Esdaile: The truth is we don't know. But I would think it is a little bit like smoking where after you quit you gradually return to normal. But we do not have enough long term data. As I showed you we generally have 13 years of follow-up data. So to answer the question, if after ten years are you risk free; you would probably need another 12 years of data.