

**eAppendix 8. Equivalent doses of systemic corticosteroids**

<b>Equivalent dose</b>	<b>Corticosteroid</b>
<b>0.375 mg</b>	Budesonide
<b>0.6 mg</b>	Bethamethasone
<b>0.75 mg</b>	Dexamethasone
<b>4 mg</b>	Methylpredisolone
<b>4 mg</b>	Triamcinolone
<b>5 mg</b>	Prednisone
<b>5 mg</b>	Prednisolone
<b>20 mg</b>	Hydrocortisone
<b>25 mg</b>	Cortisone