

	<b>Equivalent glucocorticoid dose</b>	<b>Prednisolone conversion factor</b>
Cortisone	25	0.2
Cortisol	20	0.25
Methylprednisolone	4	1.25
Prednisolone	5	1
Prednisone	5	1
Triamcinolone	4	1.25
Dexamethasone	0.75	6.67
Betamethasone	0.6	8.33

*Cumulative dose calculation:*

The cumulative dose was calculated by multiplying the number of pills, dose per pill, and prednisolone conversion factor for each prescription and then adding them up across all prescriptions.