

STATE OF MAINE

IN THE YEAR OF OUR LORD

TWO THOUSAND TWENTY-FOUR

JOINT RESOLUTION RECOGNIZING FEBRUARY 3, 2024 AS
TOPICAL STEROID WITHDRAWAL SYNDROME AWARENESS
DAY

WHEREAS, Topical Steroid Withdrawal Syndrome, also known as Topical Steroid Addiction or Red Skin Syndrome, is a severe, debilitating condition that can arise from intentional or unintentional exposure to topical steroids; and

WHEREAS, topical steroids are widely prescribed and purchased over the counter to treat acute and chronic skin conditions such as eczema, psoriasis, vitiligo and alopecia areata; and

WHEREAS, Topical Steroid Withdrawal Syndrome is characterized by skin flushing, inflammation, diffuse spreading rashes, profuse skin flaking and a burning and itching worse than the original condition, symptoms that typically appear after the use of topical steroid treatments, between treatments or after discontinuing treatments; and

WHEREAS, symptoms may take several months to several years to subside, leaving some Topical Steroid Withdrawal Syndrome sufferers bedridden and housebound, unable to work, care for children or go to school; and

WHEREAS, a prolonged withdrawal and recovery period can take a significant toll on a person's mental and physical health, and 81% of adults and 56% of children experiencing Topical Steroid Withdrawal Syndrome report feeling anxious or depressed and 47% of adults and 11% of children experiencing Topical Steroid Withdrawal Syndrome report suicidal ideation; and

WHEREAS, the prevalence of topical steroid addiction is unknown due to a scarcity of published research; and

WHEREAS, the scarcity of research on Topical Steroid Withdrawal Syndrome impedes efforts to define diagnostic criteria; understand the causes, mechanics and effects of the syndrome; develop appropriate treatment protocols; and educate providers and patients about the syndrome and steroid stewardship; and

WHEREAS, a lack of awareness of and education about Topical Steroid Withdrawal Syndrome among patients and providers can lead patients to question their providers' medical oversight and providers to suspect their patients of medication noncompliance and occasionally parental neglect; now, therefore, be it

RESOLVED: That We, the Members of the One Hundred and Thirty-first Legislature now assembled in the Second Regular Session, on behalf of the people we represent, take this opportunity to designate February 3, 2024 as Topical Steroid Withdrawal Syndrome Awareness Day and to express our support for increased awareness and prevention education on the signs of topical steroid dependence and the risks of Topical Steroid Withdrawal Syndrome.