

MINISTERUL SANATATII



Institutul Național de Endocrinologie
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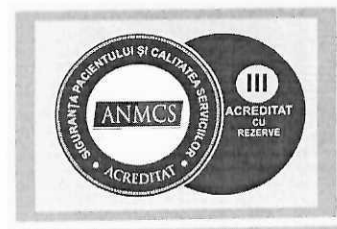
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Date: 26th of February 2025

To: The Secretary WHO Expert Committee on Selection and Use of Essential Medicines Department of Health Products Policy and Standards World Health Organization, Geneva

Dear World Health Organization,

Re: Adding Prednisolone 1mg tablets to the Essential Medicines List

We are writing in support of the submission put forward from Professor Karim Meeran from Imperial College London to include Prednisolone 1 mg tablets for patients with primary, secondary and tertiary adrenocortical insufficiency.

Currently hydrocortisone is on the list for these indications. The cost of hydrocortisone for a month's supply is higher than prednisolone or prednisone, and many countries are using prednisolone or prednisone 5mg tablets off licence.

Prednisolone and prednisone are licenced at higher doses for autoimmune diseases, but we need lower doses for adrenal insufficiency. Emerging evidence suggests that lower doses pose less cardiovascular risk than higher doses. The availability of 1mg tablets will allow careful and more accurate replacement.

Yours sincerely

Prof dr Catalina Poiana

Professor of Endocrinology, Head of the Endocrinology Committee of the Romanian Ministry of Health

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Handwritten signature of Prof. dr. Catalina Poiana

