



ADVERSE DRUG REACTIONS, INCLUDING SJS, TEN

## A CASE OF EXOGENOUS CUSHING'S SYNDROME DUE TO TOPICAL MOMETASONE CREAM APPLICATION

*J Heng<sup>(1)</sup> - A Chan<sup>(2)</sup>*

*National Skin Centre, Dermatology, Singapore, Singapore<sup>(1)</sup> - Hospital Authority, Hong Kong, Medicine, Hong Kong, Hong Kong<sup>(2)</sup>*

**Background:** Cushing's syndrome occurs due to abnormally high levels of cortisol in the blood. One of the most common causes of Cushing's syndrome is the improper and prolonged usage of potent topical corticosteroids. Long-term exogenous corticosteroid therapy causes adrenal insufficiency due to hypothalamic-pituitary-adrenal axis suppression, leading to reduced endogenous cortisol production. Most commonly involved topical corticosteroids were Clobetasol and Betamethasone.

**Observation:** We report a case of exogenous Cushing's syndrome secondary to topical Mometasone Furoate 0.1% cream application. A 7-year-old girl with atopic dermatitis has been using topical Mometasone cream for 4 years before she was diagnosed with exogenous Cushing's syndrome. The patient's mother obtained the Mometasone cream without a doctor's prescription in another country and reported using approximately 4 tubes (15g/tube) in 1 year.

**Key Message:** This case highlights the importance of reinforcing to parents the potential side effects of potent topical corticosteroids in children. Parents should be counseled on appropriate tapering of topical corticosteroids and informed on the need for follow up and monitoring of potential side effects.

