

# Megadose Methylprednisolone for Myelofibrosis

A case of myelofibrosis in association with systemic lupus erythematosus was recently presented by Inoue et al. in this Journal [1]. Myelofibrosis was corrected by using high-dose methylprednisolone (1,000 mg/day). On this occasion, I would like to remind that high-dose methylprednisolone (30 mg/kg/day for 3 days, 20 mg/kg/day for 4 days) and, subsequently, 10, 5, 2 and 1 mg/kg for 1 week each; each dose given within 2–10 min before 9 a.m. was used successfully by us for the first time in the treatment of myelofibrosis in children as well as adults [2–5]. I would like to add that 3 of 4 children are alive and well 6, 3 and 2 years after discontinuation of the treatment. One died from non-haematologic causes. One of the adult patients died from myocardial infarction but a 35-year-old woman has been free of disease for more than 3 years.

Since 5–10 mg/kg methylprednisolone has been called a high dose, we prefer to use the term 'megadose' for the dose suggested by us [6].

## References

- 1 Inoue Y, Matsubara A, Okuya S, Akafuji K, Kaku K, Kaneko T: Myelofibrosis and systemic lupus erythematosus: Reversal of fibrosis with high-dose corticosteroid therapy. *Acta Haematol* 1992;88:32–36.
- 2 Özsoylu Ş, Ruacan S: High dose intravenous corticosteroid treatment in childhood idiopathic myelofibrosis. *Acta Haematol* 1986;75:49–51.
- 3 Özsoylu Ş: High-dose intravenous methylprednisolone for idiopathic myelofibrosis. *Lancet* 1988;i:766.
- 4 Özsoylu Ş: High dose intravenous methylprednisolone for idiopathic myelofibrosis. *Br J Haematol* 1988;70:388.
- 5 Özsoylu Ş, Ruacan Ş, Karaaslan Y, Dündar S: Mega dose intravenous methylprednisolone in adult idiopathic myelofibrosis. *Hematol Rev* 1991;5:121–128.
- 6 Suarez CR, Rademaker D, Hasson A, Mongogna L: High-dose steroid in childhood acute idiopathic thrombocytopenic purpura. *Am J Pediatr Hematol Oncol* 1986;8:111–115.