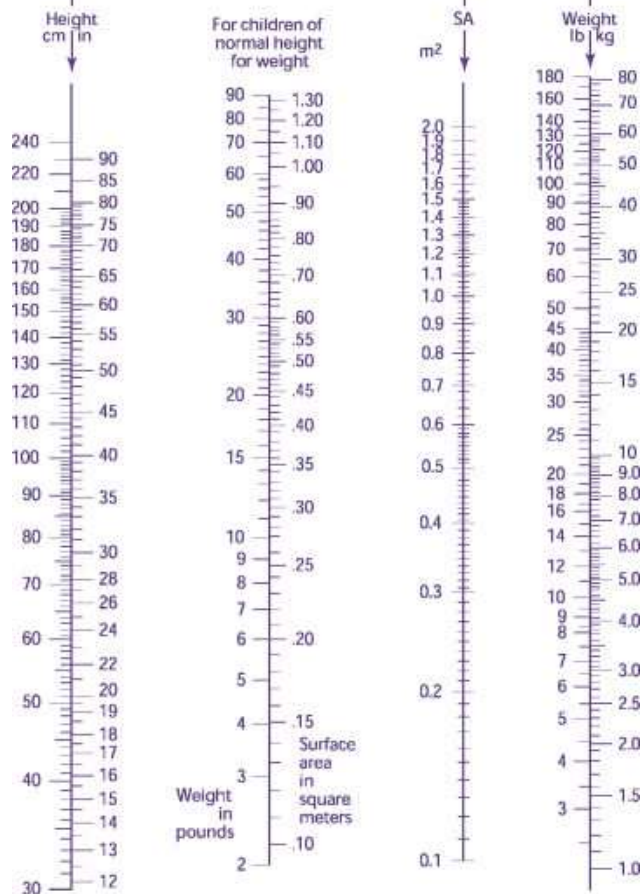


Nomogram



Alternative (Mosteller's formula):

$$\text{Surface area (m}^2\text{)} = \frac{\text{Height (cm)} \times \text{Weight (kg)}}{3600}$$

DOSE EQUIVALENCE OF COMMONLY USED STEROIDS ^[*]

Drug	Glucocorticoid Effect Equivalent to 100 mg Cortisol PO	Mineralocorticoid (mg): Sodium Retention Effect Equivalent to 0.1 mg Florinef ^[†]
Cortisone	125	20
Cortisol (hydrocortisone)	100	20
Prednisone	20	50
Prednisolone	15	50
Methylprednisolone	15–20	No effect
Triamcinolone	10–20	No effect
9α-Fluorocortisol	6.5	0.1
Dexamethasone	1.5–3.75	No effect

† Total physiologic replacement for salt retention is usually 0.1 mg **Florinef**, regardless of size.

* The doses give approximately equivalent clinical effects. When using this table, select equipotent doses based on glucocorticoid or mineralocorticoid effects, because this is different for each drug.

Modified from Kappy MS et al (eds): The Diagnosis and Treatment of Endocrine Disorders in Childhood and Adolescence, 4th ed. Springfield, Ill, Charles C Thomas, 1994, 769.