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Oral Steroids is no longer recommended from long term chronic treatment of COPD.

[GOLD-2025-Report-v1.0-15Nov2024_WMV.pdf](#)

Oral glucocorticoids

Oral glucocorticoids have numerous side effects, including steroid myopathy⁽¹⁰¹⁴⁾ which can contribute to muscle weakness, decreased functionality, and respiratory failure in people with very severe COPD. Systemic glucocorticoids for treating acute exacerbations in hospitalized patients, or during emergency department visits, have been shown to reduce the rate of treatment failure, the rate of relapse and to improve lung function and breathlessness.⁽¹⁰¹⁵⁾ Conversely, prospective studies on the long-term effects of oral glucocorticoids in stable COPD are limited.^(1016,1017) Therefore, while oral glucocorticoids play a role in the acute management of exacerbations, they have no role in the chronic daily treatment in COPD because of a lack of benefit balanced against a high rate of systemic complications.

[Evidence suggesting that oral corticosteroids increase mortality in stable chronic obstructive pulmonary disease - PMC](#)

- LTOC may increase the mortality of stable severe and very severe COPD patients.

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