

Fludrocortisone is the generic of Florinef. Indicated for the treatment of adrenal insufficiency, such as Addison's disease. Each tablet contains 0,1 mg fludrocortisone acetate and the 9-alpha-fluoro derivative of hydrocortisone. **PHARMACOLOGICAL ACTION:** Although the physiological action of fludrocortisone is similar in kind to that of hydrocortisone, its effects, particularly on electrolyte balance, and also on carbohydrate metabolism are considerably heightened and prolonged.

Since fludrocortisone acetate exerts so profound a mineralocorticoid effect, its usefulness is limited to clinical applications which utilise this effect, and it should not be used as an anti-inflammatory agent for the treatment of such cortisone-responsive diseases as rheumatoid arthritis, certain allergies and dermatoses.

Small oral doses of fludrocortisone acetate produce marked sodium retention and increased urinary potassium excretion. Fludrocortisone acetate also causes a rise in blood pressure, apparently because of these effects on electrolyte levels. In larger doses, the steroid inhibits endogenous adrenal cortical secretion, thymic activity, and pituitary corticotrophin secretion; promotes the deposition of liver glycogen; and, unless protein intake is adequate, induces negative nitrogen balance.

The approximate half-life of fludrocortisone is 18 to 36 hours. It is highly protein bound and is eliminated by the kidneys, mostly as inactive metabolites. Duration of action is 1 to 2 days.