



Could You Have Hypercortisolism?

What is Cortisol

Cortisol is a hormone produced by your adrenal glands that plays a role in a wide range of body functions including:

- Responses to stress
- Bone health
- the immune response, including inflammation
- The nervous system
- The regulation of blood sugar
- The workings of the heart and blood vessel

What is Hypercortisolism

Hypercortisolism, often referred to as Cushing syndrome, is caused by an excessive amount of cortisol in your body.

Common signs and symptoms include:

- Weight gain
- Insulin resistance and/or diabetes
- High blood pressure
- High blood sugar
- Depression and/or anxiety
- Osteoporosis

What Causes Hypercortisolism

Hypercortisolism can develop from taking glucocorticoid medicines (aka steroids), which can cause your body to produce excess cortisol. This is called exogenous hypercortisolism, meaning it results from something outside your body.

Hypercortisolism can also develop from an usually noncancerous tumor either on the adrenal gland or the pituitary gland, or it may be somewhere else. This is called endogenous hypercortisolism, meaning it results from something inside your body.

Should You be Tested

If you are experiencing symptoms of hypercortisolism, speak to your Modern Endocrine provider to see if testing is appropriate.

Turn the page over to check for signs/symptoms you might be experiencing.



MODERN ENDOCRINE

Hypercortisolism Signs & Symptoms Checklist



GENERAL HEALTH

- poorly controlled high blood sugar and/or diabetes
- poorly controlled blood pressure
- fluid retention
- frequent infections
- kidney stones
- osteoporosis
- irregular menstrual cycles (women)
- diagnosed with adrenal or pituitary adenoma



MOOD

- depression
- anxiety
- difficulty concentrating



ENERGY

- muscle weakness
- tiredness and/or difficulty sleeping
- low sex drive



APPEARANCE

- unexplained weight gain/belly fat
- easy bruising, red or purple skin discolorations, stretch marks, and/or thin skin
- flushed face
- rounded face
- swollen eyes, hands, and feet
- abnormal hair growth
- mound on the back of the neck

List any medications currently taking: _____

