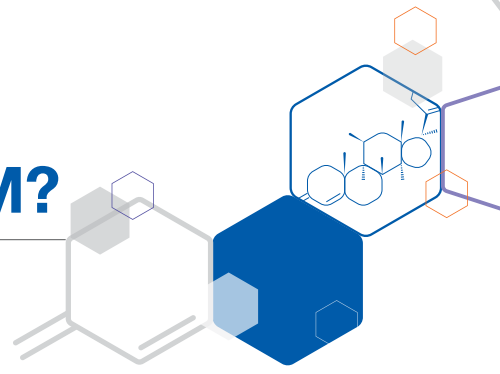


# COULD YOU HAVE HYPERCORTISOLISM?



## WHAT IS CORTISOL?

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

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

## WHAT IS HYPERCORTISOLISM?

**Hypercortisolism**, often referred to as Cushing syndrome, is caused by an excessive amount of cortisol in your body. Some common signs and symptoms include:

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

## WHAT CAUSES HYPERCORTISOLISM?

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

It can also result from something **inside** your body, which is called **endogenous** hypercortisolism. This is usually a noncancerous tumor in either the adrenal or pituitary gland, or it may be elsewhere in the body.

## SHOULD YOU BE TESTED?

If you are experiencing symptoms of hypercortisolism, speak to your healthcare provider to see if testing may be appropriate.

**Please turn over this page and check off any of the signs or symptoms you are experiencing.**

# HYPERCORTISOLISM SIGNS AND SYMPTOMS CHECKLIST

Please check off  any symptoms that apply to you. Your healthcare provider will review the checklist to determine whether testing for hypercortisolism is appropriate.



## GENERAL HEALTH

- Poorly controlled high blood sugar and/or diabetes
- Poorly controlled blood pressure
- Fluid retention
- Frequent infections
- Kidney stones
- Osteoporosis
- Irregular menstrual periods (for women)
- Diagnosed with an adrenal or pituitary adenoma



## 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 (hirsutism)
- Fat pad on the back of the neck



## MOOD

- Depression
- Anxiety
- Difficulty concentrating



## ENERGY

- Muscle weakness
- Tiredness and/or difficulty sleeping
- Low sex drive

List any medications you are currently taking:

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