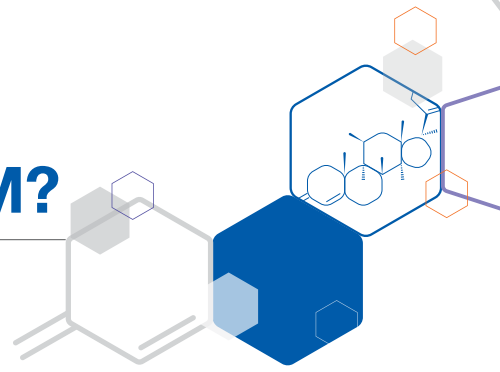


COULD YOU HAVE HYPERCORTISOLISM?



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:
