

HYPERCORTISOLISM

SIGNS AND SYMPTOMS CHECKLIST

Please check off any signs and symptoms that apply to you. Review this checklist with your healthcare provider to determine whether testing for hypercortisolism is appropriate.

GENERAL HEALTH

- Difficult-to-control or uncontrolled blood sugar (diabetes)*
- Difficult-to-control or uncontrolled blood pressure
- Irregular periods and menstrual cycles
- Blood clots or a history of blood clots
- Weak bones and bone fractures
- Kidney stones
- Trouble healing from wounds

MOOD

- Trouble remembering things, difficulty concentrating, brain fog, forgetfulness
- Extreme mood swings
- Depression, feeling hopeless
- Irritability, anger, feeling short-fused
- Anxiety

APPEARANCE

- Unwanted hair growth or hair loss
- Fatty hump between the shoulders (buffalo hump)
- Easy bruising, fragile skin, rashes
- Round face (moon face) and/or reddened face
- Purple stretch marks (striae)
- Weight gain around the center of your body
- Thin arms and legs

ENERGY

- Excessive energy
- Muscle weakness
- Extreme fatigue, easily fatigued
- Insomnia
- Sexual dysfunction

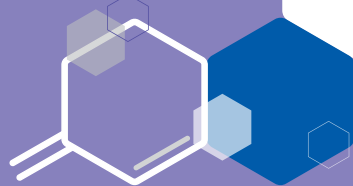
*Type 2 diabetes (high blood sugar) is a common underlying sign of hypercortisolism.

Hypercortisolism, also known as Cushing syndrome, can appear differently for everyone and **it can be difficult to diagnose**. That's why it is important to see an expert who understands hypercortisolism so they can help provide a proper diagnosis.

Click [here](#) to find a healthcare provider near you.

Use this space to write down any other important details you would like to discuss with your healthcare provider.

COULD IT BE HYPERCORTISOLISM?



Understanding cortisol

Cortisol, also known as the “stress hormone,” plays an important role as it helps control many bodily functions, such as:

- Blood sugar levels
- Blood pressure
- Stress
- Mood and memory
- Metabolism
- Bone health
- Immune system
- Salt and water balance

About hypercortisolism

Hypercortisolism, also known as Cushing syndrome, occurs when the body has too much cortisol over a long period of time. Some common signs and symptoms include:

- Increased blood sugar (diabetes)
- High blood pressure
- Unwanted hair growth or hair loss
- Cognitive issues
- Changes in mood
- Easy bruising, fragile skin, rashes
- Weight gain

Did you know that type 2 diabetes (high blood sugar) is a common underlying sign of hypercortisolism? If you are taking multiple diabetic medications for difficult-to-control type 2 diabetes, talk to your healthcare provider about whether your type 2 diabetes could be an underlying sign of hypercortisolism.

What causes hypercortisolism?

Hypercortisolism can be caused by different things. Sometimes, it can be caused by something inside the body, like a tumor (or nodule). This is known as **endogenous hypercortisolism**. Other times, it can be caused by something outside the body, like steroids. This is known as **exogenous hypercortisolism**.

[Learn more about the different types of hypercortisolism.](#)

How to test for hypercortisolism

If you are experiencing signs and symptoms of hypercortisolism, ask your healthcare provider about taking a dexamethasone suppression test (DST). This is one of three tests used to help confirm a hypercortisolism diagnosis.

A DST is designed to see if your body is producing cortisol normally. Dexamethasone is a medication that works like cortisol in the body. Typically, the body makes less cortisol when medications like dexamethasone are taken.

How your body responds to dexamethasone may reveal if your body is producing an excess amount of cortisol.

To learn more about the DST and other hypercortisolism testing options, ask your healthcare provider or [click here](#).