

Cushing syndrome signs and symptoms checklist

Please check off any signs and symptoms that you have experienced.
Review this checklist with your healthcare professional to determine whether
testing for Cushing syndrome (hypercortisolism) is appropriate.

General health

Uncontrolled blood sugar (diabetes)
Uncontrolled blood pressure
Weak bones or bone fractures
Trouble healing from wounds
Irregular periods
Blood clots or history of blood clots
Kidney stones

Appearance

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

Mood

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

Energy

Muscle weakness
Sexual dysfunction
Extreme fatigue, easily fatigued
Insomnia

List any medications you are currently taking:

Notes:

Signs and symptoms are different for everyone.
Work with a healthcare professional to confirm an accurate diagnosis.

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

Could you have Cushing syndrome?

What is Cushing syndrome?

Cushing syndrome, also known as hypercortisolism, is a disease in which your body makes excess cortisol over time. Some common health issues that may be associated with hypercortisolism include:

- Uncontrolled high blood sugar
- Uncontrolled high blood pressure
- Easy bruising, fragile skin
- Unwanted hair growth or hair loss
- Changes in mood
- Cognitive issues
- Weight gain

What is cortisol?

Cortisol is a natural hormone produced by your body that helps regulate several functions, including:

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

If you have uncontrolled high blood sugar and multiple blood sugar medications don't seem to help, it's important to talk to your healthcare professional to see if Cushing syndrome could be the underlying cause.

What causes Cushing syndrome?

Cushing syndrome occurs when your body makes too much cortisol over time. There are 2 different causes for Cushing syndrome, endogenous and exogenous. **Endogenous Cushing syndrome** occurs when a growth on your pituitary gland, adrenal glands, or elsewhere in the body causes the production of excess cortisol. **Exogenous Cushing syndrome** is when excess cortisol is caused by something outside your body, like taking steroid medications.



A dexamethasone suppression test (DST) is 1 of 3 tests that can help confirm a Cushing syndrome diagnosis.

If you're experiencing ongoing signs and symptoms, **ask your healthcare professional** if this test could be right for you.