

# COULD YOU HAVE CUSHING SYNDROME?

## What is cortisol?

Cortisol is often referred to as the “stress hormone” and helps regulate several body functions, including:

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

## What is Cushing syndrome?

Cushing syndrome, also known as hypercortisolism, is a disease in which the body overproduces cortisol. Some common health issues associated with Cushing syndrome include:

- Increased blood sugar
- Easy bruising and thin/fragile skin
- Hair loss or unwanted hair growth
- High blood pressure
- Changes in mood
- Cognitive issues

Click [here](#) for a detailed list of signs and symptoms.

## What causes Cushing syndrome?

Cushing syndrome can develop from something inside your body, like a noncancerous tumor in the adrenal glands or pituitary gland. This is known as **endogenous Cushing syndrome**.

Cushing syndrome can also develop from medicines containing steroids. This is called **exogenous Cushing syndrome**, meaning it is caused by something outside your body.

## Should you be tested?

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

Use the Cushing syndrome signs and symptoms checklist on the **next page** to check off any symptoms that may apply to you.



Click [here](#) to learn more about a prescription medicine for people living with endogenous Cushing syndrome.

# CUSHING SYNDROME SIGNS AND SYMPTOMS CHECKLIST

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



## General health

- Hard to control or uncontrolled blood sugar (diabetes)
- Hard to control or uncontrolled blood pressure
- Weak and/or fractured bones
- Trouble healing from wounds
- Irregular periods
- Blood clots
- Kidney stones



## Appearance

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



## Mood

- Anxiety
- Depression
- Forgetfulness and difficulty concentrating
- Feeling short-fused
- Extreme mood swings



## Energy

- Muscle weakness
- Sexual dysfunction
- Excessive energy
- Severe fatigue
- Insomnia

Cushing syndrome can be difficult to diagnose. That's why the Endocrine Society recommends being seen by an endocrinologist—a doctor who specializes in conditions like Cushing syndrome.

**Ask your healthcare provider if seeing an endocrinologist is right for you.**

**List any medicines you are currently taking:**

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You can also visit [CSRf.net](https://www.csrff.net) for a list of doctors with experience treating Cushing syndrome.



## Notes

Use this section to write down any other information that may be relevant to your doctor.

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