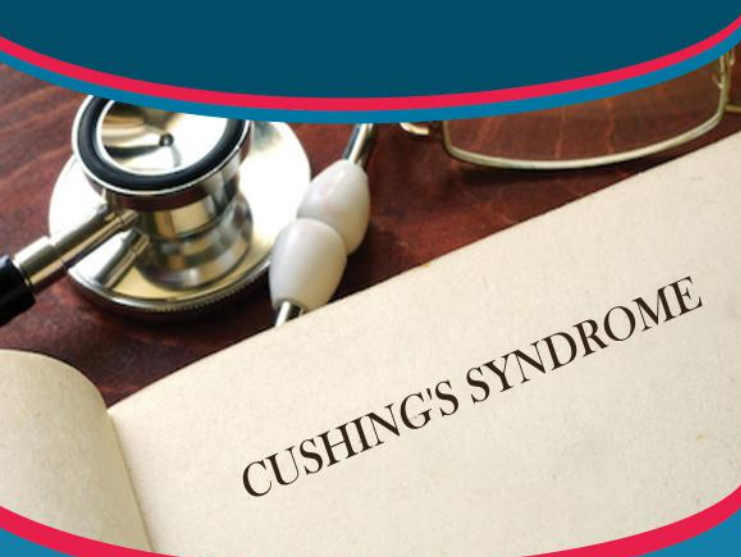




Cushing's Syndrome (CS)



- ▶ Thin arms and legs
- ▶ Weight gain on the back of neck (buffalo hump)
- ▶ Excessive hair growth (hirsutism) on face, neck, chest, abdomen and thighs
 - ▶ High blood pressure
 - ▶ Mood swings and sadness
 - ▶ Lack of muscle strength

▶ Cushing's syndrome Diagnoses ◀

The doctor will probably recommend some of these tests to help screen for Cushing's syndrome if he/she suspect you have it:

- ▶ 24-hour urinary free cortisol test
- ▶ Dexamethasone suppression test
- ▶ Late-night salivary cortisol level

If people have Cushing's syndrome, the doctor may refer them to a specialist who will do other blood tests or imaging scans to find out what's causing it.

▶ Cushing's syndrome Treatment ◀

- ▶ **If long-term use of steroid medicine is the cause of Cushing's syndrome:** The doctor will help patients lower their dose or gradually stop taking it.
- ▶ **If a pituitary tumor is the cause:** Surgery to remove the tumor offers the best chance for recovery.
- ▶ **If an adrenal tumor is the cause:** Surgery to remove the tumor is usually done if the tumor is not cancerous. If the tumor is cancerous, the whole gland is removed.



▶ Diet Therapy for Cushing's syndrome ◀

Patients with CS are at an increased risk for serious conditions such as high blood pressure, diabetes mellitus and osteoporosis, so eating a diet high in calcium and protein and low in sodium is crucial. The following Cushing's disease diet changes can help limit or counteract some symptoms:

- ▶ **Increasing calcium and vitamin D intake:** This includes kale, cheese and broccoli, milk and beverages fortified with vitamin D.
- ▶ **Reducing cholesterol:** Avoiding fatty foods and eating more high-fiber foods such as kidney beans, apples, pears, barley and prunes may help offset the effects of higher cholesterol associated with Cushing's.
- ▶ **Eating Protein-Rich Foods:** Choose lean, protein-rich foods such as fish, beans, lentils and reduced-fat yogurt.
 - ▶ Eating nutritious foods and Reducing alcohol, tobacco and sodium intake.
 - ▶ Controlling blood sugar.

CUSHING'S SYNDROME

Cushing's Syndrome

The most common cause of Cushing syndrome is exogenous Cushing syndrome due to people taking cortisol-like medications. This type of Cushing syndrome is temporary and goes away after the patient has finished taking the cortisol-like medications.

▶ Cushing's syndrome ◀

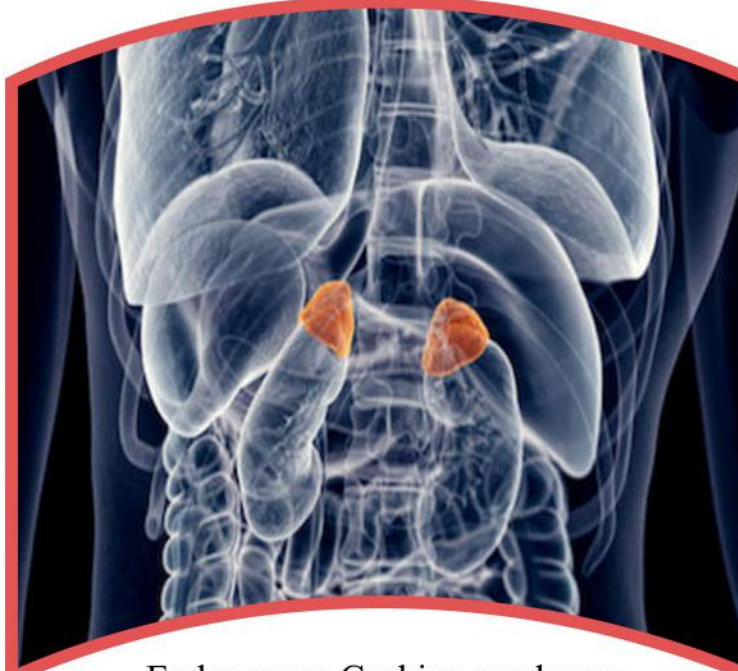
It is a disorder caused by having too much of a hormone called cortisol in the body. Cortisol also helps:

- ▶ Maintain blood pressure
- ▶ Regulate blood glucose, also called blood sugar
 - ▶ Reduce inflammation
- ▶ Turn the food you eat into energy

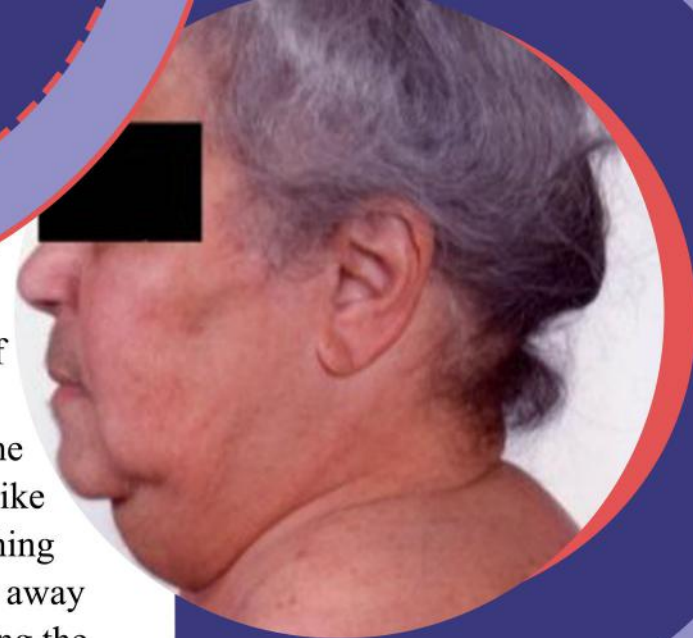
▶ Cushing's syndrome Causes ◀

There are two types of Cushing syndrome:

- ▶ **Exogenous:** caused by factors outside the body
- ▶ **Endogenous:** caused by factors within the body



Endogenous Cushing syndrome, in which the adrenal glands produce too much cortisol, is uncommon.



This type of Cushing syndrome is most often caused by hormone-secreting tumors of the adrenal glands or the pituitary.

▶ Cushing's syndrome symptoms ◀

The signs of Cushing Syndrome appear slowly over time. Common symptoms of Cushing Syndrome are:

- ▶ Weight gain
- ▶ A round face (moon face)
- ▶ A fatty hump between the shoulders
- ▶ Easy bruising
- ▶ Thin arms and legs