

Addison's Disease



Dr. Majid Ghayour Mobarhan

Nutritionist from the UK

► Renal shutdown with azotemia

► Addison's disease Diagnosis ◀

In its early stages, adrenal insufficiency can be difficult to diagnose. A diagnosis of Addison's disease is made by biochemical laboratory tests.

These tests may include:

► **ACTH Stimulation test:** This is the most specific test for diagnosing Addison's disease. In this test, blood or urine cortisol levels are measured before and after a synthetic form of ACTH is given by injection.

► **Insulin-Induced Hypoglycemia test:** A reliable test to determine how the hypothalamus and pituitary and adrenal glands respond to stress is the insulin-induced hypoglycemia test.

► **X-ray exams of the abdomen:** X-ray exams of the abdomen may be taken to see if the adrenals have any signs of calcium deposits.

In patients who have Addison's disease, low serum sodium, high serum potassium, and high BUN occur.

► Addison's disease Treatment ◀

► Hydrocortisone or prednisone

► Fludrocortisone

► Dose increase during intercurrent illness

► Diet Therapy for Addison's disease ◀

The best diet for people with Addison's disease is a well-balanced nutritious diet with three meals per day, adequate complex carbohydrate and protein, and adequate salt.

Some foods to avoid in Addison's disease:

► Fast foods

► Alcohol



► Caffeine

► White sugar

► Fried food

► Processed food

Some foods to eat in Addison's disease:

► Coconut oil

► Avocados

► Fatty fish

► Olives, nuts and seeds

► Seaweed

► Beans and legumes

► Plenty of fresh and cooked vegetables

It's very important to not get dehydrated. To do this:

► Increase your salt intake if your healthcare provider advises you.

Some ways to support adrenal health:

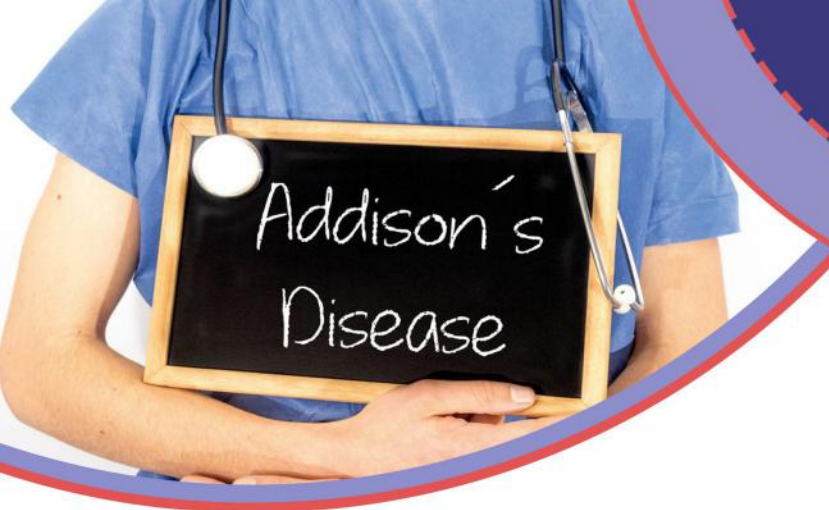
► Eat nutrient-dense proteins.

► Eat more green superfoods.

► Eat healthy fats every day.

► Sip on herbal tea.

► Try natural medicines.



Addison's Disease



Cancer cells that spread from other parts of the body to the adrenal glands also can cause Addison's disease.

Less commonly, adrenal glands can be affected by secondary adrenal insufficiency, which is caused by a problem with the pituitary gland or a problem with the hypothalamus.

► Addison's disease ◀ Definition

It is a rare but serious adrenal gland disorder characterized by inadequate production of the steroid hormones cortisol and aldosterone by the two outer layers of cells of the adrenal glands. It can happen at any age to either men or women. When aldosterone levels drop too low, the kidneys cannot keep the salt and water levels in balance. Adrenal insufficiency can be primary or secondary.

► Addison's disease Causes ◀

Most cases of Addison's disease result from a problem with the adrenal glands themselves (primary adrenal insufficiency).

Long-lasting infections and some fungal infections can harm the adrenal glands.



► Addison's disease symptoms ◀

- Weakness
- Fatigue
- orthostatic hypotension

► Hyperpigmentation

► Anorexia

► Nausea, vomiting and diarrhea

Darkening of the skin - patchy skin color
An adrenal crisis is a life-threatening, sudden worsening of Addison's disease. Without enough adrenal hormones, injury or illness puts stress on your body and can cause an adrenal crisis. Adrenal crisis is characterized by:

- Profound asthenia (weakness)
- Severe pain in the abdomen, lower back, or legs
- Peripheral vascular collapse