

# HYPERCORTISOLISM SIGNS AND SYMPTOMS CHECKLIST

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

## GENERAL HEALTH

- Hard to control or uncontrolled blood sugar (diabetes)\*
- Hard to control or uncontrolled blood pressure
- Irregular periods and menstrual cycles
- Blood clotting
- 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 and reddened face (moon 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

\*High blood sugar (type 2 diabetes) is a common underlying symptom of hypercortisolism.

Hypercortisolism 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.

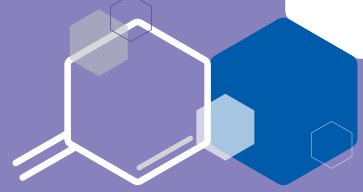
[Click here](#) to find a doctor near you.

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

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# 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. 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 high blood sugar (type 2 diabetes) is a common underlying symptom of hypercortisolism? If you are taking multiple diabetic medications for difficult-to-control type 2 diabetes, talk to your doctor about whether hypercortisolism could be an underlying issue.**

## What causes hypercortisolism?

Hypercortisolism can be caused by different things. Sometimes it can be caused by something inside the body, like a 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 types of hypercortisolism](#)

## How to test for hypercortisolism

If you are experiencing symptoms of hypercortisolism, ask your doctor about taking a **dexamethasone suppression test (DST)**.

A DST is designed to see if your body is regulating cortisol normally. Typically, your body reduces the production of cortisol when you are exposed to medications that function like cortisol in the body.

How your body responds to dexamethasone may reveal if your body is producing the right amount of cortisol.

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