



Cushing's 3-6 Months Post-Treatment Tips

You've been through treatment and are wondering when you will start feeling better. Our medical teams give us some initial data about what to expect after surgery, but most patients report that they were not prepared for just how complicated it would be. Most patients also agree that they want to know what is realistic, even if some of it is difficult.

- Rather than a “return to normal”, it may be more accurate to consider a “new normal”.
- Ask to work from home if your job allows it. Take breaks. It can feel good to get back to work and colleagues, but a full work week may not be sustainable for a while.
- Take it easy! This means physically, mentally, and emotionally. Be mindful of your health as the stress during recovery can drain the cortisol that your body is trying to regain. There are occupational, physical and mental therapists that may be able to help.
- Educate yourself about adrenal insufficiency (AI) and adrenal crisis. While not every Cushing's patient will experience an adrenal crisis, if you do have AI after surgery, you should receive a supply of steroid pills plus an emergency hydrocortisone injection, often called solu-cortef. See additional information on link below.
- Be mindful of your successes - your body went through a lot during Cushing's and it will take time to recover. You will see yourself transform, but try not to rush it.
- There is no single specific diet to follow, but healthy, mindful eating contributes to healing.
- Define your limits and set boundaries. You may need to “just make an appearance” or even say “no” to friends and family when you need to rest.

- Your loved one is facing a long recovery. Please encourage rest over physical challenges and listen to their boundaries. It may be hard to understand why they're not “better” a few weeks or even months after surgery. Healing takes a lot of energy from the body.
- Help them adjust your friends' and family's schedules around sleep and recovery needs.
- Educate yourself on adrenal crash and crisis and what symptoms to watch for as they may not be able to help themselves.
- Believe them when they tell you what's bothering them. They will almost certainly need to access additional support and specialist care for new or temporary conditions even after successful surgery.



SCAN FOR LINKS

- Cushing's Support and Research Foundation website: <https://csrf.net/>
- Leslie Edwin, President: leslie@csrf.net - Gretchen Jordan, Associate Director: gretchen@csrf.net
- CSRf Monthly Support Zoom Sign-Up: <https://www.surveymonkey.com/r/2024CSRfSupportcalls>
- Adrenal Crisis information: <https://my.clevelandclinic.org/health/diseases/23948-adrenal-crisis>
- Glucocorticoid Withdrawal Syndrome: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9170649/>

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