

ADRENAL INSUFFICIENCY

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Adrenal Insufficiency

Causes:

Primary: Failure of adrenal glands (Addison's Dis)

Secondary: Failure of Hypothalamic-pituitary- axis:

Usually due to chronic exogenous
glucocorticoid administration
pituitary failure

Tertiary: Hypothalamic dysfunction

Primary Adrenal Insufficiency

Loss of all three types of adrenal steroids

90% of glands must be destroyed to manifest clinically

Progressive neurological symptoms from demyelination

Primary Adrenal Insufficiency

Addison disease

Causes:

Autoimmune

Thrombosis/hemorrhage

Infiltrative diseases

Bilateral cancer metastasis

Radiation

Chronic Insufficiency

CLINICAL PRESENTATION:

Are due to deficiency of glucocorticoids and aldosterone

Nonspecific

Fatigue, anorexia, weight loss, loss of libido

Neurological

Headaches, visual changes, diabetes insipidus

Gastrointestinal.

Pain, nausea, vomiting, diarrhea

Skin pigmentations

Muscle & joint pain

Chronic Insufficiency

CLINICAL PRESENTATION

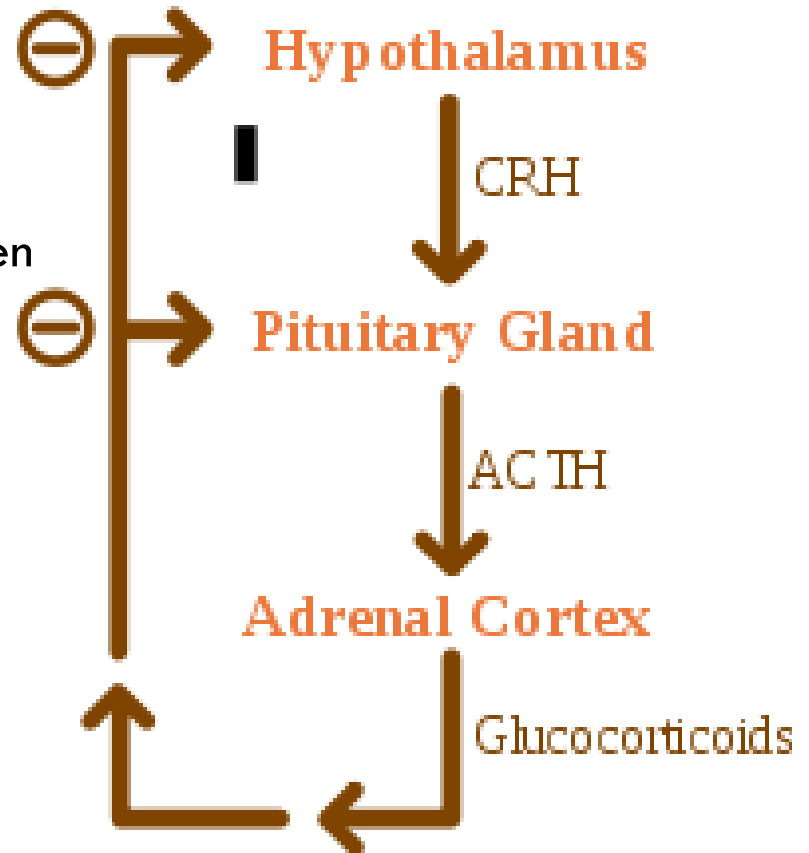
Hypotension/Orthostasis

Cachexia

Thin axillary and pubic hair in women

Hypoglycemia

Normocytic anemia,



Chronic Insufficiency

CLINICAL PRESENTATION

Hyponatremia

Hyperkalemia

Mild acidosis

Adrenal Crisis (Addisonian Crisis)

CLINICAL PRESENTATION

Life-threatening emergency

HYPOTENSION

Typically resistant to catecholamine and IVF
resuscitation

Cause:

Abrupt adrenal failure usually from gland hemorrhage
or infection or thrombosis

Clinical manifestations of Addisonian Crisis:

Sudden penetrating pain in lower back or abdomen.

Severe vomiting and diarrhea, resulting in dehydration.

Low BP

Loss of consciousness

Hypoglycemia

Severe lethargy

Hyponatremia

Hyperkalemia

Convulsions

Fever

Treatment



Glucocorticoids

Correct volume and sugar deficits