

Cushing's VS. Addison's disease

Cushing	Addison
<p>HYPERsecretion of CCORTISOL “Cushion is similar to cushion (extra padding)”</p>	<p>HypOsecretion of Aldosterone & Cortisol “ADDison = ADDED an extra steroid hormone (Aldosterone & cortisol)”</p>
<p>Causes of Cushing's</p> <ul style="list-style-type: none"> ● Glucocorticoid drug therapy ex: Prednisone ● Body causing it: due to tumors and cancer on the *pituitary glands or adrenal cortex, or genetic predisposition 	<p>Causes of Addison's Disease</p> <ul style="list-style-type: none"> ● Autoimmune due to the adrenal cortex becoming damaged due to the body attacking itself: <ul style="list-style-type: none"> ○ Tuberculosis/infections ○ Cancer ○ Hemorrhaging of the adrenal cortex due to a trauma
SIGNS & SYMPTOMS	
<p>Remember the mnemonic: “STRESSED” (remember there is too much of the STRESS hormone CORTISOL)</p> <ul style="list-style-type: none"> - Skin fragile - Truncal obesity with small arms - Rounded face (appears like moon), Reproductive issues amenorrhea and ED in male(due to adrenal cortex's role in secreting sex hormones) - Ecchymosis, Elevated blood pressure - Striae on the extremities and abdomen (Purplish) - Sugar extremely high (hyperglycemia) - Excessive body hair especially in women...and Hirsutism (women starting to have male characteristics), Electrolytes imbalance: hypokalemia - Dorsocervical fat pad (Buffalo hump), Depression 	<p>Remember the phrase: “Low STEROID Hormones” (remember you have low production of aldosterone & cortisol which are STEROID hormones)</p> <ul style="list-style-type: none"> - Sodium & Sugar low (due to low levels of cortisol which is responsible for retention sodium and increases blood glucose), Salt cravings - Tired and muscle weakness - Electrolyte imbalance of high Potassium and high Calcium - Reproductive changes...irregular menstrual cycle and ED in men - LOW blood pressure (at risk for vascular collapse)...aldosterone plays a role in regulating BP - Increased pigmentation of the skin (hyperpigmentation of the skin) - Diarrhea and nausea, Depression
<ul style="list-style-type: none"> - Cushing's Syndrome: caused by an outside cause or medical treatment such as glucocorticoid therapy - Cushing's Disease: caused from an inside source due to the pituitary gland producing too much ACTH which causes the adrenal cortex to release too much cortisol. 	<p>Addisonian Crisis : Remember the 5 S's</p> <ol style="list-style-type: none"> 1. Sudden pain in stomach, back, and legs 2. Syncope (going unconscious) 3. Shock 4. Super low blood pressure 5. Severe vomiting, diarrhea and headache

*The information written in the schedule are taken from this [Video](#)