

CUSHING SYNDROME SIGNS AND SYMPTOMS CHECKLIST

Please check off any signs and symptoms that apply to you. Review this checklist with your healthcare provider to determine whether testing for Cushing syndrome is appropriate.



General health

- Difficult-to-control or uncontrolled blood sugar (diabetes)*
- Difficult-to-control or uncontrolled blood pressure
- Weak bones and bone fractures
- Trouble healing from wounds
- Irregular periods and menstrual cycles
- Blood clots or a history of blood clots
- Kidney stones



Appearance

- Weight gain around the center of your body
- Easy bruising, fragile skin, rashes
- Thin arms and legs
- Purple stretch marks (striae)
- Fatty hump between the shoulders (buffalo hump)
- Round face (moon face) and/or reddened face
- Unwanted hair growth or hair loss



Mood

- Anxiety
- Depression, feeling hopeless
- Trouble remembering things, difficulty concentrating, brain fog, forgetfulness
- Extreme mood swings
- Irritability, anger, feeling short-fused



Energy

- Muscle weakness
- Sexual dysfunction
- Excessive energy
- Extreme fatigue, easily fatigued
- Insomnia

*Type 2 diabetes (high blood sugar) is a common underlying sign of Cushing syndrome.

Cushing syndrome signs and symptoms are different for everyone. So, it's important to work with a specialist, like an endocrinologist, who focuses on the condition and can confirm a proper diagnosis.

Ask your healthcare provider if seeing an endocrinologist could be right for you.

List any medications you are currently taking:

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



Notes

Use this section to write down any other information that may be important to your healthcare provider.

COULD YOU HAVE CUSHING SYNDROME?

What is Cushing syndrome?

Cushing syndrome, also known as hypercortisolism, is a disease in which the body overproduces cortisol over time. Some common health issues associated with Cushing syndrome include:

- Type 2 diabetes (increased blood sugar)
- Easy bruising, fragile skin, rashes
- Unwanted hair growth or hair loss
- High blood pressure
- Changes in mood
- Cognitive issues
- Weight gain

What is cortisol?

Cortisol is often referred to as the “stress hormone” and helps regulate several bodily functions, including:

- Blood sugar levels
- Blood pressure
- Mood and memory
- Metabolism
- Salt and water balance
- Immune system
- Stress
- Bone health

If you have difficult-to-control **type 2 diabetes (high blood sugar)** and multiple diabetes medications don't seem to help, it's important to talk to your healthcare provider to see if Cushing syndrome could be the underlying cause.

What causes Cushing syndrome?

There are two different causes for Cushing syndrome. Sometimes, it can be caused by something inside the body, like a tumor (or nodule) that's located on your adrenal or pituitary gland. This is known as endogenous Cushing syndrome. There's also exogenous Cushing syndrome, which is caused by something outside of the body, like steroids.

Testing for Cushing syndrome

A dexamethasone suppression test (DST) is one of three tests that can help confirm a Cushing syndrome diagnosis. The medication in a DST, dexamethasone, is like cortisol and should send a signal to reduce the amount of cortisol being made by your body.

The way your body responds to dexamethasone may reveal if your body is producing an excess amount of cortisol. If you're experiencing ongoing signs and symptoms of excess cortisol, ask your healthcare provider if this test could be right for you.



Click [here](#) to learn more about a prescription medicine for people living with endogenous Cushing syndrome.