



What is Adrenal Insufficiency?

Adrenal insufficiency, also known as Addison's disease, is a rare endocrine condition where the adrenal glands fail to function properly, leading to a deficiency of certain essential hormones called steroid hormones. The adrenal glands are small, triangular-shaped glands that sit on top of the kidneys and are responsible for producing hormones that are crucial for maintaining proper bodily function. When the adrenal glands are unable to produce enough hormones, it can lead to a range of symptoms and complications.

How adrenal insufficiency can be diagnosed?

Fasting morning Bloodwork: Cortisol, ACTH, Aldosterone, Renin, Sodium, Potassium and/or ACTH stimulation test.



Solu-Cortef injection

In case of emergency: faint, unconscious, vomiting or diarrhea every half an hour where no tablets stay in stomach.



Cortisol replacement

Hydrocortisone or Prednisolone or Dexamethazone.

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In case of adrenal crisis, Solu cortef injection to be immediately administered then IV saline at the ER.

- In case of fever, triple the steroid replacement dose
- In case of infection, double the steroid dose



What should every patient have all the time?

- Medical alert jewellery
- Hydrocortisone tablets
- Emergency kit that includes: Solu cortef injection
- Salt packets it can help whenever the patient has headache
- Steroid emergency card



Adrenal crisis

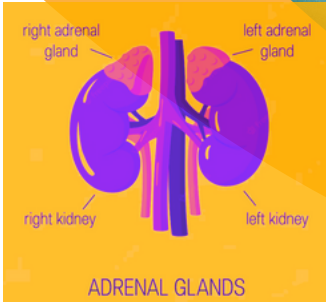
It occurs when the steroid level becomes lower than the body's needs.

Adrenal crisis symptoms:

- Lethargy
- Vomiting
- Light headed
- Diarrhea
- Headache
- Unconscious
- Abdominal pain

Challenges of AI Patients

- Discovery of Auto-injector for Solu-Cortef.
- Discovery of home use Cortisol measuring device.



What is the importance of adrenal glands?

It produces the following hormones that are very essential to our body:

- Cortisol hormone (Stress hormone)
- Aldosterone hormone
- DHEA hormone

What are the symptoms of adrenal insufficiency?

If you have some of the following symptoms, it will be the right time to talk to your healthcare provider and mention that you suspect having adrenal insufficiency (Addison's) disease:

- Hyperpigmentation (tanned body) even lips and gums.
- Extreme fatigue
- Nausea / vomiting / Poor appetite
- Loss of weight / Dehydration
- Low blood pressure and sugar / Salt craving
- Muscle weakness with cramps / Muscle Aches
- Headaches / Stomach / Abdominal pain
- Brain fog or difficulty in concentration
- Depression & irritability
- For women: irregular or no menstrual periods.

Most of adrenal insufficiency patients are misdiagnosed by depression.

What causes adrenal insufficiency?

Adrenal insufficiency can have several causes, including:

- Autoimmune disorders: In autoimmune adrenalitis, the body's immune system attacks by mistake the adrenal glands, leading to a deficiency of cortisol and other hormones.
- Infections: Some infections, such as tuberculosis, can damage the adrenal glands and cause adrenal insufficiency.
- Genetic disorders: Some genetic disorders, such as congenital adrenal hyperplasia (CAH), (AAA) or X-linked adrenoleukodystrophy (ALD), can lead to adrenal insufficiency.
- Medications: Long-term use of medications that suppress the adrenal glands, such as corticosteroids, can cause adrenal insufficiency when the medication is not stopped gradually.
- Cancer: Rarely, tumors in the adrenal glands or in other parts of the body can cause adrenal insufficiency by interfering with the production of hormones.