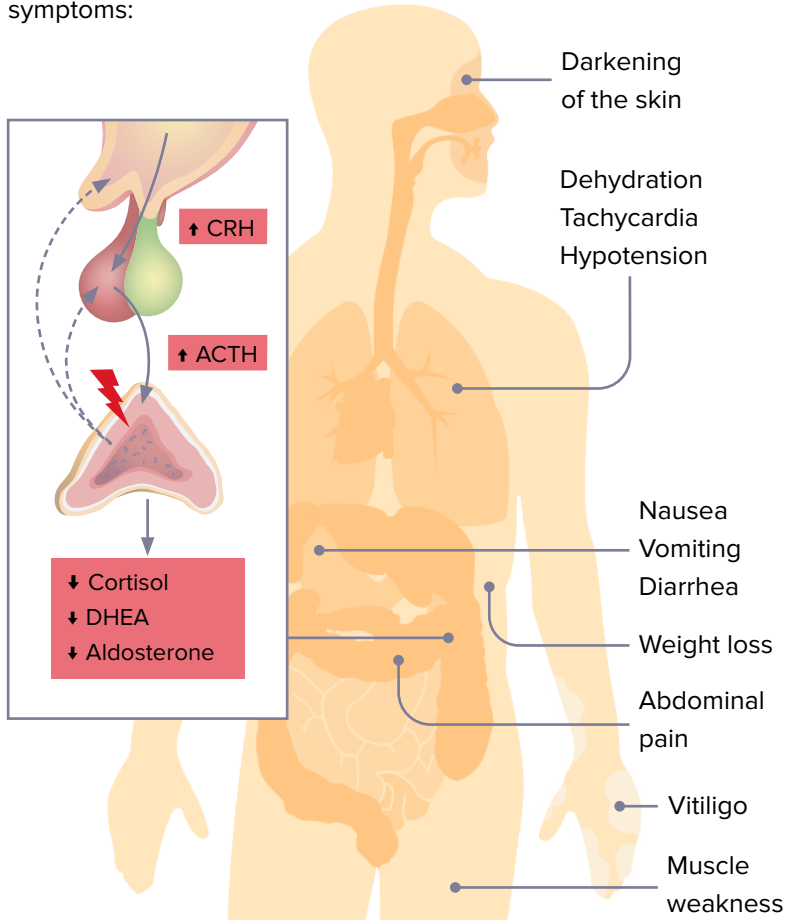


# ADDISON'S DISEASE AND SYSTEMIC EFFECTS



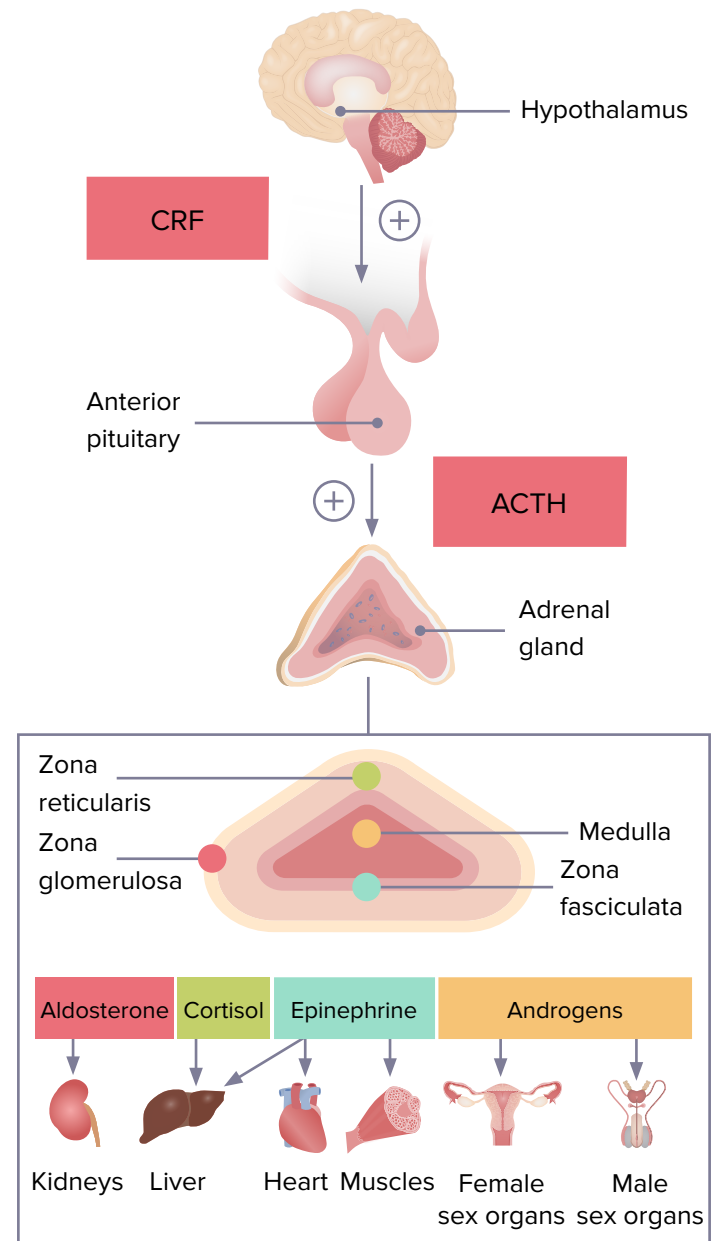
**Addison's disease** is a chronic form of adrenal insufficiency resulting from autoimmune processes that damage the adrenal glands. Inadequate production of **cortisol**, **aldosterone** and other adrenal hormones leads to a broad range of non-specific symptoms:



Addison's disease develops insidiously and its non-specific symptoms make diagnosis difficult. However, without accurate diagnosis and treatment, these physiologic alterations can lead to a crisis state, characterized by metabolic acidosis and circulatory collapse.

Diagnostic lab values:	Treatment:
<ul style="list-style-type: none"> <li>Plasma cortisol &lt; 3 mcg/dL</li> <li>ACTH &gt; 200 pg/mL</li> <li>Low or no cortisol response to ACTH stimulation test</li> </ul>	Lifelong replacement of glucocorticoids and mineralocorticoids, with careful monitoring to avoid complications of over- or under-treatment

## Hypothalamic-Pituitary-Adrenal Axis



The hypothalamic-pituitary-adrenal (HPA) axis regulates the body's stress response. Under normal circumstances, activation of the hypothalamus and anterior pituitary triggers the adrenal glands to release an array of hormones that act on multiple body systems.

## NOTES

