

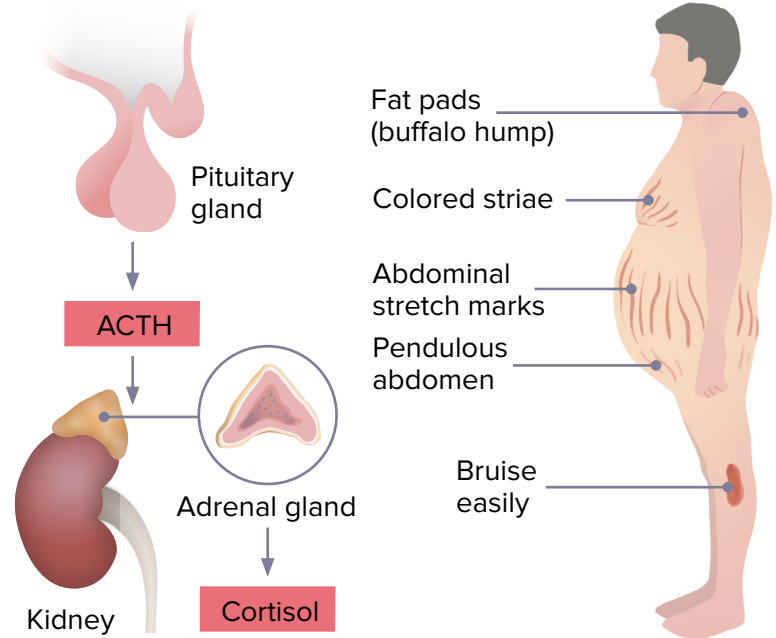
CUSHING DISEASE AND CUSHING SYNDROME



Symptoms

(same for Cushing syndrome and Cushing disease)

1. Early: diabetes, high blood pressure, depression
2. Thin extremities from bone and muscle wasting
3. Round face
4. Fat hump between shoulders
5. Weak muscles, skin and bone thinning
6. Increased fat around neck
7. Large pendulous abdomen, obesity
8. Colored/purple striae on abdomen, breast, hips, and axillae
9. Easily bruising
10. Decreased libido, changes in menstrual cycle
11. Hirsutism



Comparison

Cushing disease	Cushing syndrome
<ul style="list-style-type: none"> • Rare condition • Affects 10–15 people per million a year • Most often from 20 to 50 years old • More common in women than men • Occurs when Cushing syndrome is caused by an ACTH-producing pituitary tumor • Specific endogenous cause 	<ul style="list-style-type: none"> • Disorder causing physical and mental changes • Also called hypercortisolism • Symptoms result from high levels of stress hormone cortisol in the blood. • Exogenous: caused by factors outside the body • Endogenous: caused by factors inside the body

Causes of Cushing disease

- Pituitary tumor
- Adrenal tumor
- Ectopic ACTH-producing tumor (*ACTH: adrenocorticotropic hormone*)

Causes of Cushing syndrome

- Long-term use of glucocorticoid medications
- Exposure to high levels of cortisol (stress hormone)

Diagnosis

- Thorough medical history
- In-depth physical exam
- **Laboratory tests:**
 - 24-hr urinary free cortisol
 - Late-night salivary cortisol
 - Low/high-dose dexametasone test

Treatment

- Lowering glucocorticoid dose (tapered to avoid adrenal crisis)
- Switching medication to another anti-inflammatory type
- Surgical removal of tumor if indicated in Cushing disease

NOTES

