

Adrenal Insufficiency:

You have adrenal insufficiency. That means that your adrenal glands are not working adequately. They produce cortisol, an adrenal hormone. Cortisol is an ESSENTIAL adrenal hormone that must be present in times of stress, or serious infection, or with inflammation to help the body deal with this stress. If you do not have adequate adrenal cortisol, you could go into shock, drop your blood pressure, and die. You should carry a medical identification tag or bracelet that says that you have adrenal insufficiency. If you get sick, you still need to take the adrenal hormone. In fact if you get more sick (for instance with a fever or generalized illness beyond just a cold or a sore throat), you need to INCREASE the dose of adrenal hormone for several days until the stress of the illness starts to subside. So, for instance, if you have a serious infection or sickness, you should DOUBLE or TRIPLE your dose of cortisone for 1-2 days, then slightly reduce the dose for another day, then you can resume your usual dose of cortisone. If you are having nausea and vomiting and can't keep the cortisol down, you MUST either take a shot of cortisone or come in and see the doctor or go to the EMERGENCY ROOM to get the the cortisone - it is THAT important. If you have any questions about cortisone, call me or your doctor.

Revised 3/2023