



Aetiology of ACTH deficiency (secondary adrenal insufficiency)

- Exogenous steroid
- Pituitary tumor
- Pituitary surgery
- Pituitary apoplexy
- Hemochromatosis
- Hypophysitis

Signs and symptoms of adrenal insufficiency

- Fatigue
- Loss of energy
- Reduced strength
- Muscle pain
- Nausea
- Weight loss (> 3 kg)
(Hyperpigmentation)
- Fasting glucose < 3-3 mmol/l, hypoglycaemic symptoms
- Decreased serum sodium or increased serum potassium
- Blood pressure (sitting):
Systolic < 100 mmHg
Diastolic < 60 mmHg

ARW, et al. Clin Endocrinol (Oxf) 2006; 64: 384-389

Tapering of Steroids : why?

- Rebound of disease
- Steroid dependence (GC withdrawal syndrome)
- Adrenal insufficiency

Nebenniere Insuffizienz

- Cortisol nü 8h
- <100 nM diagnostisch
- >500 nM Ausschluss (cave Stress)

STIMULATION TESTS:

- Insulin tolerance test :
 - Reference standard, not used in routine
- Short ACTH test
 - 250 ug : most common
 - 1ug : improved sensitivity for secondary adrenal insufficiency

TERMINATING GLUCOCORTICOID TREATMENT :

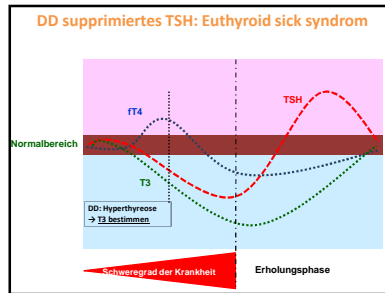
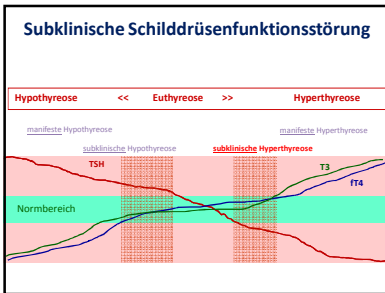
- If adrenal insufficiency suspected or biochemically proven:
 - Instruct patients about stress prophylaxis

Increased risk of AEs associated with GC use

- Even at low dosages, GC use in RA is associated with an increased risk of fractures in a cumulative dose- and time-dependent manner
- GC use associated with increased risk of MI and dose-dependent all-cause and CV mortality

Tiefes TSH: DD

- (Sekundäre Hypothyreose !)
- Subklinische Hyperthyreose
- Euthyroid sick syndrom
- Exogenes T4
- Physiologisch tiefes TSH Ende 1st Trimester SS
- Veränderter Set Point der Hypothalamo-Hypophysen-Schilddrüsen-Achse im Alter

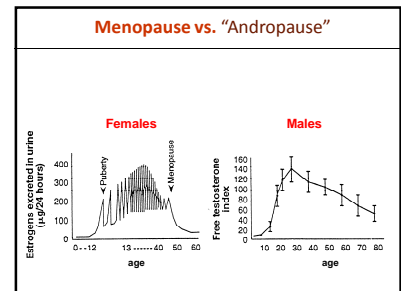


Primäre Hypothyreose

Dg: TSH > 3 (steady state)
 Ae: Hashimoto, Postaktinisch, Resektion
 Th: T4 (sicher ab TSH 10). Je schwerer Hypothyreose desto langsamer (min Eltroxin 25ug, Standart 100ug)

Iodine-induced hyperthyroidism

- ### Preventive treatment (TSH<0.5mIU/L)
- Sodium perchlorate (Irenat®)
 - Inhibition of iodine uptake
 - 800 mg directly prior to exam and continue with 300 mg 3 times daily for 8–14 days
 - Carbimazol (NeoMercazole®)
 - Inhibition of thyroid hormone synthesis
 - 4 Tbl. à 5mg p.o. 2 h pre and continue for 7-14 d



Wirkungen von Testosteron

Sexuality, General well-being, Metabolism

↑ bone density and growth

