

QUICK REFERENCE FOR THE MOST COMMON SYMPTOMS OF ADRENAL HORMONE REPLACEMENT EXCESS AND DEFICIENCY

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**Most common symptoms of
glucocorticoid (cortisol) deficiency:**

Severe fatigue, weakness, weight loss, hyperpigmentation,
nausea, loss of appetite.

**Most common symptoms of
glucocorticoid (cortisol) excess:**

Weight gain, fatigue, easy bruising, muscle weakness,
redness in the face, pink stretch marks, mood swings,
inappropriate hunger.

**Most common symptoms of
mineralocorticoid (fludrocortisone
acetate) deficiency:**

Reduced blood pressure, nausea (sometimes to the point of
vomiting), dizziness (sometimes to the point of passing out),
salt craving, muscle cramps.

**Most common symptoms of
mineralocorticoid (fludrocortisone
acetate) excess:**

Hypertension, ankle swelling, exertion headache.

NADF

National Adrenal Diseases Foundation



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The National Adrenal Diseases Foundation is a non-profit organization providing information, education and support to all persons affected by adrenal disease. For more information on joining NADF, or to find a support group in your area, contact:

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