

ADRENAL HORMONE REPLACEMENT PROTOCOL

In treating adrenal insufficiency, NADF would like to stress its position that all hydrocortisone and fludocortisone acetate dosing should be personalized, with dosage ranges being:

Hydrocortisone 15 mg to 40 mg
average dose 20 to 30 mg

PLEASE NOTE: Hydrocortisone dosing should be given in divided doses, with most on awakening and the remainder in one or two doses at midday or afternoon, to mimic the normal daily cycle.

Fludrocortisone Acetate 0 to 0.4 mg
average dose 0.05 to 0.2 mg

To manage Addison's Disease (adrenal insufficiency), patients should learn how to adjust cortisol hormone replacement medication (Cortef®/hydrocortisone/cortisone acetate/prednisone) to their situation's need (with their physician's oversight).

The current philosophy is to stay as low as possible with cortisol hormone replacement dose, BUT STILL FEEL COMFORTABLE, while keeping oneself out of adrenal crisis.

Ingesting more glucocorticoid than your body needs can cause cataracts, glaucoma, osteoporosis and reactive diabetes.

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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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