

# What is an adrenal crisis?

An adrenal crisis is the result of an extreme physical or emotional stress that does not get the necessary steroid coverage to meet that stress. It is a potentially life-threatening medical emergency that requires management in a hospital or emergency department. Typical symptoms are:

- Severe drop in blood pressure, causing dizziness, lightheadedness and possibly loss of consciousness
- Nausea and vomiting
- Confusion and lethargy
- Muscle weakness, cramps, headaches

Hospital or emergency department treatment will include IV saline, IV hydrocortisone and close monitoring of blood pressure and electrolytes. The length of hospitalization may be hours to days, and will depend on the severity of the crisis and any underlying precipitating factors, such as infection, as well as the basic health of the individual

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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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