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

by Paul Margulies, MD, FACE, FACP.

(updated 12/10/17)

| 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. |

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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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