

Adrenal Insufficiency Symptom Checklist

(For Patients Seeking Diagnosis)

Name: _____

Date: _____

Frequency (✓):

Daily Weekly Monthly During Stress/Illness

Classic Symptoms

- Severe fatigue** (crashing after mild activity)
- Dizziness/low blood pressure** (worse when standing)
- Salt cravings** (e.g., eating pickles/olives directly)
- Unexplained weight loss** (despite normal eating)
- Hyperpigmentation** (darkening of scars, elbows, gums)

Less Common (But Telling) Symptoms

- "Afternoon crashes"** (extreme fatigue around 2-5 PM)
- Muscle/joint pain** (without injury)
- Digestive issues** (nausea, vomiting, diarrhea)
- Brain fog/memory lapses** (forgetting simple words)
- Mood swings** (anxiety, depression, irritability)
- Slow healing** (cuts/scrapes take weeks to heal)

Red Flags for Crisis *(Urgent!)*

- Severe vomiting/diarrhea** (can't keep meds down)
- Confusion/disorientation** (like a "drunk" feeling)
- Collapse/loss of consciousness**

Notes for Your Doctor:

1. Lab Work Requested:

- 8 AM cortisol + ACTH
- ACTH stimulation test
- Renin, aldosterone, electrolytes (Na/K)

2. Key History:

- Symptoms worsen with stress/illness.
- No relief from antidepressants/thyroid meds.

3. Family History:

- Autoimmune diseases (e.g., Type 1 diabetes, vitiligo)

Why This Works:

- **Organized** for quick doctor review.
- **Highlights patterns** (e.g., afternoon crashes = low cortisol).
- **Pushes for specific tests** (not just "routine labs").

Print this and circle your symptoms to bring to your appointment!