ADDISON'S DISEASE
Adrenocortical Insufficiency

Bronze Pigmentation of Skin
Hypoglycemia
Changes in Distribution of Body Hair
Postural Hypotension
GI Disturbances
Weakness
Weight Loss

Adrenal Crisis:
Profound Fatigue
Dehydration
Vascular Collapse (BP)
Renal Shut Down
↓Serum Na
↑Serum K

ADRENAL GLAND HORMONES

Sugar (Glucocorticoids)
Salt (Mineralcorticoids)
Sex (Androgens)
BLOOD SUGAR MNEMONIC

HOT & DRY = SUGAR HIGH

COLD & CLAMMY = NEED SOME CANDY

CUSHING’S SYNDROME

- Personality Changes
- Hyperglycemia
- Moon Face
- CNS Irritability
- ↑ Susceptibility to Infection
- Males: Gynecomastia
- NA & Fluid Retention (Edema)
- Thin Extremities
- GI Distress - T-Acid
- Fat Deposits on Face and Back of Shoulders
- Females: Amenorrhea, Hirsutism
- Thin Skin
- Purple Striae
- Bruises & Petechiae
- Osteoporosis

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**DIABETES MELLITUS - TYPE 1**

**SIGNS & SYMPTOMS:**

- **Polyuria**
  - ↑ Urination
- **Polydipsia**
  - ↑ Thirst
- **Polyphagia**
  - ↑ Hunger

- Weight Loss
- Fatigue
- ↑ Frequency of Infections
- Rapid Onset
- Insulin Dependent
- Familial Tendency
- Peak Incidence From 10 to 15 Years

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**HYPERTHYROIDISM**

- Intolerance to Heat
- Fine, Straight Hair
- Bulging Eyes
- Facial Flushing
- Enlarged Thyroid
- Tachycardia
- ↑ Systolic BP
- Breast Enlargement
- Weight Loss
- Muscle Wasting
- Menstrual Changes (Amenorrhea)
- Localized Edema

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HYPOGLYCEMIA

Tachycardia
Irritability
Restless
Excessive Hunger
Diaphoresis
Depression

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HYPOTHYROIDISM

Intolerance to Cold
Receding Hairline
Facial & Eyelid Edema
Dull-Blank Expression
Extreme Fatigue
Thick Tongue - Slow Speech
Anorexia
Brittle Nails & Hair
Menstrual Disturbances

Late Clinical Manifestations
Subnormal Temp
Bradycardia
Weight Gain
↓ LOC
Thickened Skin
Cardiac Complications
DIABETIC KETOACIDOSIS

Onset Over 4-10 Hours

- Breath Smells Like...
  - Juicy Fruit
  - Kussmaul Respiration
  - Thirsty, Dehydration
- Tachycardia
- Hypotension
- Acidosis
- High Blood Sugar (>240 mg/dl)
- Hyperkalemia
- Polyuria

Lack of Insulin

GI Upset
Fever/febrile illness

Hi...E
Needs...
Hydration
Insulin
Electrolyte Replacement

EXERCISE GUIDE FOR DIABETIC FITNESS

F
Frequency
Regular (3x to 4x Per Week)

I
Intensity
60-80% Of Maximal Heart Rate

T
Time
Aerobic Activity
20-30 Min.
With 5-10 Min.
Warm Up
HYPERPITUITARY-ACROMEGALY

* Diagnosis - ↑ Serum Somatotropin (growth hormone)
  X-Rays, MRI
  Physical Exam
  Oral glucose challenge test - level does not ↓

* Complications - ↑ ICP 2 Enlarged Tumor
  ↑ Blood Sugar

* Clinical Manifestations -
  - Enlarged Pituitary Gland
  - Headache
  - Visual Disturbances
  - Slanting Forehead
  - Coarse Facial Features
  - Protruding Jaw
  - ↑ BP, CHF
  - Menstrual Changes
  - Sleep Apnea
  - Hypertrophy of Soft Tissue
  - Such as Tongue, Skin and Visceral Organs
  - Enlargement Of Small Bones In The Hands And Feet

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YPOGLYCEMIA

Onset Rapid...
1 - 3 Hours

- Anxious
- Sweaty
- Hungry
- Confused
- Blurred or
  - Double Vision
  - Shaky
  - Irritable
- Cool, Clammy Skin

Insufficient Food

History

Excess Exercise

Excess Insulin

Needs...
Blood Sugar ↑

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