Adrenal disorders

The clinical recommendations listed below are not mandatory standards, and are not intended to be medical advice, but rather a set of recommendations for clinical evaluation and care. These recommendations are not a substitute for reasonable clinical judgment and decision making and do not exclude other options. Clinical care must be individualized to the specific needs of each patient and interventions must be tailored accordingly.

<table>
<thead>
<tr>
<th>Disorder</th>
<th>Signs/symptoms</th>
<th>Suggested lab workup prior to referral</th>
<th>Comments</th>
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</thead>
<tbody>
<tr>
<td>Adrenal insufficiency (Addison's disease)</td>
<td>Fatigue&lt;br&gt;Unexplained vomiting&lt;br&gt;Unexplained weight lost&lt;br&gt;Generalized hyperpigmentation&lt;br&gt;Syncope&lt;br&gt;Hyponatremia&lt;br&gt;Hypoglycemia</td>
<td>• 8 a.m. cortisol or cortisol at time of “stress” (e.g., blood glucose &lt; 50 mg/dL&lt;br&gt;• Electrolytes&lt;br&gt;• Glucose&lt;br&gt;• ACTH</td>
<td>Patients with suspected adrenal insufficiency may need urgent evaluation and treatment.</td>
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<tr>
<td>Glucocorticoid excess (Cushing's syndrome)</td>
<td>Slow growth&lt;br&gt;Hypertension&lt;br&gt;“Moon facies”&lt;br&gt;Striae&lt;br&gt;Truncal obesity</td>
<td>• Electrolytes&lt;br&gt;• Glucose&lt;br&gt;• ACTH&lt;br&gt;• Fasting lipid profile&lt;br&gt;• 24-hour urine-free cortisol</td>
<td>Consider use of oral or topical corticosteroids in children as a potential cause of Cushing’s syndrome.</td>
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</table>
Evaluation and referral guidelines

Tips for an effective visit:
- Inform the child and family about the reason for the referral and what to expect.
- Ensure all recommended evaluations have been completed prior to the child’s scheduled endocrine appointment.
- Provide relevant insurance information (copy of insurance card if available), clinic notes, growth charts, laboratory test and other diagnostic test results.

Referral priority

**EMERGENCY**
Hospitalization anticipated/required
Cook Children’s Emergency Department
682-885-4095
Teddy Bear Transport
1-800-KID-HURT
Notify endocrinologist on call
682-885-4000

**URGENT**
Outpatient visit needed within 1-5 days
Contact endocrinologist on call at 682-885-4000

**ROUTINE**
First available appointment
Fax request for referral to 682-885-1327

**NOT SEEN**
New patient referrals > 18 years of age

All referrals are seen as soon as scheduling and staffing permit. If there are concerns about a delay in a child’s scheduled outpatient appointment, if the child’s condition deteriorates or if other circumstances require the child to be evaluated sooner, please contact the endocrinologist on call.

Our staff
- Paul Thornton, M.D., Medical Director
- John Dallas, M.D.
- Alejandro De La Torre, M.D.
- Susan Hsieh, M.D.
- Jill Radack, M.D.
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- Teena Thomas, M.D.
- Michael Willcutts, M.D., Ph.D.
- Don P. Wilson, M.D.
- Teresa Newman, CPNP
- Lisa Truong, CPNP

To better serve our treating clinicians, we can assist you with:
- Non-emergent transfer requests
- Direct admissions
- Specialist consultations