

Name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

I have the following pituitary condition:

Acromegaly

Hypopituitarism

Cushing's disease

Diabetes Insipidus (DI)

Prolactinoma

Other disease: \_\_\_\_\_

The pituitary is an important gland in the body and it controls several of the other hormone glands. The two sections of the pituitary gland produce a number of different hormones which act on different target glands or cells. Anterior pituitary: Adrenocorticotrophic hormone (ACTH), Thyroid-stimulating hormone (TSH), Luteinising hormone (LH), Follicle-stimulating hormone (FSH), Prolactin (PRL), Growth hormone (GH). Posterior pituitary: Anti-diuretic hormone (ADH) and Oxytocin.

Regular hormone substitutions are vital for me and I need it every day. Names and doses of the medicine I used in normal situation are:

1. \_\_\_\_\_ (=adrenal gland hormone =cortisone) \_\_\_\_\_  
Name of medicine Dosage

in addition I have emergency medicine: \_\_\_\_\_

and needles and syringe for that.

2. \_\_\_\_\_ (= thyroid hormone) \_\_\_\_\_

3. \_\_\_\_\_ (= sex hormone) \_\_\_\_\_

4. \_\_\_\_\_ (= anti-diuretic hormone) \_\_\_\_\_

5. \_\_\_\_\_ (=growth hormone) \_\_\_\_\_

6. \_\_\_\_\_ (=prolactin inhibitor) \_\_\_\_\_

7. \_\_\_\_\_ (=other medicine) \_\_\_\_\_

In a stress situation cortisone dose needs to be doubled. If the patient is unable to swallow (loss of consciousness or vomiting) the pills, cortisone needs to be given intravenously. Give 100mc (>12year) or 50mg (<12 year) i.v/i.m and start saline infusion.

Acute adrenal crisis is a medical emergency caused by a lack of cortisol. Risk factors for adrenal crisis include physical stress such as infection, trauma or surgery, dehydration, adrenal gland or pituitary gland injury, and premature termination of treatment with steroids such as prednisone or hydrocortisone.

Symptoms: Abdominal pain, confusion or coma, dehydration, dizziness or light-headedness, fatigue, flank pain, headache, high fever, joint pain, loss of appetite, loss of consciousness, low blood pressure, nausea, profound weakness, rapid heart rate, rapid respiratory rate, shaking chills, skin rash or lesions, slow, sluggish movement lethargic, unintentional weight loss, unusual and excessive sweating on face or palms, vomiting.