

OBJECTIVE

Clinicians in Alberta investigate for suspected Cushing's syndrome including selecting optimal laboratory tests and timely referral to an endocrinologist.

TARGET POPULATION

Adults and children exhibiting clinical features of Cushing's syndrome

EXCLUSIONS

None

RECOMMENDATIONS

- ✓ Refer to endocrinologist as soon as Cushing's syndrome is suspected
- ✓ Order a 24 hour urine collection for cortisol
- ✓ Order a urine creatinine to ensure a complete 24 hour urine collection
- ✓ Consider repeating tests if results are borderline values
- X DO NOT order serum cortisol levels. They have low predictive value and are not recommended

Cushing's Syndrome Clinical Features

- Central obesity
- Severe fatigue and muscle weakness
- Hypertension
- Hyperglycemia
- Easy bruising
- Striae
- Hirsutism and irregular menses in women

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Revised June 2001
Reviewed January 2008
Reviewed May 2014

These recommendations are systematically developed statements to assist practitioner and patient decisions about appropriate health care for specific clinical circumstances. They should be used as an adjunct to sound clinical decision making.

For the complete guideline refer to the TOP website: www.topalbertadoctors.org