

Adrenal Fatigue: Six Symptoms, One Test

Why the label is not a diagnosis, the six symptoms that do point somewhere, and the test to ask for by name.

✓ **Verified against published guidance** from Mayo Clinic, Cleveland Clinic & NIDDK · sources below

Mayo Clinic says to talk to your healthcare team about possible causes if you have symptoms that do not go away, and to discuss tests that might be useful. Accepting a vague label can leave the true source of a problem without a diagnosis or treatment.

✓ Do This

List Extreme Fatigue First

- Exhaustion, not ordinary tired
- Note when it started
- Note what makes it worse

COACH'S TIP Cleveland Clinic names it first.

Record Appetite And Weight

- Lack of appetite counts
- So does losing weight
- Unintentional loss matters

COACH'S TIP Two of the six symptoms.

Note Gut And Pressure Signs

- Diarrhea is on the list
- So is low blood pressure
- Lightheadedness often shows first

COACH'S TIP Mayo Clinic adds nausea.

Mention Low Blood Sugar

- It completes the six
- Salt craving is on Mayo's list
- So is skin colour change

COACH'S TIP Say it out loud at the visit.

Ask For The ACTH Test

- Blood before the injection
- Then at 30 or 60 minutes
- Cortisol should rise

COACH'S TIP NIDDK names it first.

Ask What Else Gets Ruled Out

- Thyroid problems and diabetes
- POTS is surprisingly common
- Other illnesses need a workup

COACH'S TIP A label is not a workup.

✗ Do Not

Do Not Accept The Label

- It is not an official diagnosis
- It describes vague symptoms
- It can mask the real cause

COACH'S TIP Mayo Clinic says so plainly.

Do Not Believe Glands Tire Out

- They have huge capacity
- Like the heart and lungs
- They do not simply tire

COACH'S TIP Cleveland Clinic is direct.

Do Not Buy Adrenal Supplements

- No benefit from these
- Cleveland Clinic says none
- The bill is the only certainty

COACH'S TIP There is no upside here.

Do Not Take An Unneeded Steroid

- Prednisone has side effects
- It can suppress your cortisol
- Only take what is prescribed

COACH'S TIP The harm runs the other way.

Do Not Expect One Blood Draw

- A stimulation test is needed
- Insulin tolerance may follow
- So may a CRH test

COACH'S TIP Three tests exist for a reason.

Do Not Skip The Imaging

- A CT can show gland changes
- An MRI checks the pituitary
- Antibody tests find Addison's

COACH'S TIP The cause changes the care.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

6 symptoms

point at a real problem, Cleveland Clinic

1 hour

is the ACTH test, Cleveland Clinic

3 tests

diagnose and classify it, NIDDK