

Corticosteroids Dosing

Transdermal absorbs well: oral also absorbs well

- Cortisol (hydrocortisone):
 - dosage forms:
 - T.D. oils: 58 mg/ml, approx 2 mg/gtt
 - P.O. tablets: 5 mg/tab (with meal)
 - amount:
 - 5 – 15 (or up to 20) mg/d
 - can be divided: q a.m. + circa 1 p.m.
 - 5 mg q a.m., ? 5 mg circa 1 pm
 - ? 10 mg a.m. ?? 10 mg @ 1pm
 - TD with (or without?) food...unless sx
 - Dose determine by Symptom alleviation?
No: symptoms are not obvious
- Confirm by testing!



When corticosteroid depletion is functional
...and not true Addison's



24 hr urine hormone testing:

THE + THF + 5 α -THF between 2,000 and 3,000

Restoration of estrogen, progesterone, androgens and often thyroid, will lead most likely to restored corticosteroids

Watch for time to titrate down and off
watch for return of fatigue

Ultimately, confirm by testing

Adrenal Corticosteroids Treatment

M.P. 51 y.o w.f. stressed dental hygienist Rx w cortef x approx 1 yr, tired w menopausal Sx w Rx

	Nov-08	May-09	Jan-10	ref range
Cortef Rx	5mg	7.5	0	
CORTISOL (F)	86	143	123	25 - 115
CORTISONE (E)	116	178	212	49 - 215
THE	1,337	2611	2369	727 - 5788
THF	986	2482	1826	458 - 2800
5α-THF	200	593	272	142 - 2456
THE + THF + 5αTHF	2,523	5,686	4,467	4000 - 6000

Energy improved on 7.5 mg Cortef [cortisol]...
also with adjustments to her E, P and androgen Rx

Cortef D.C'd after May 09 test

	11/23/08	5/9/09	1/16/10	Reference Range
PREGNANEDIOL (PD)	255	303	2976	100 - 3287 ug/24 hrs
Rx:	0	48mg TD	200mg p.o.	

Did her oral progesterone result in corticosteroid increase???