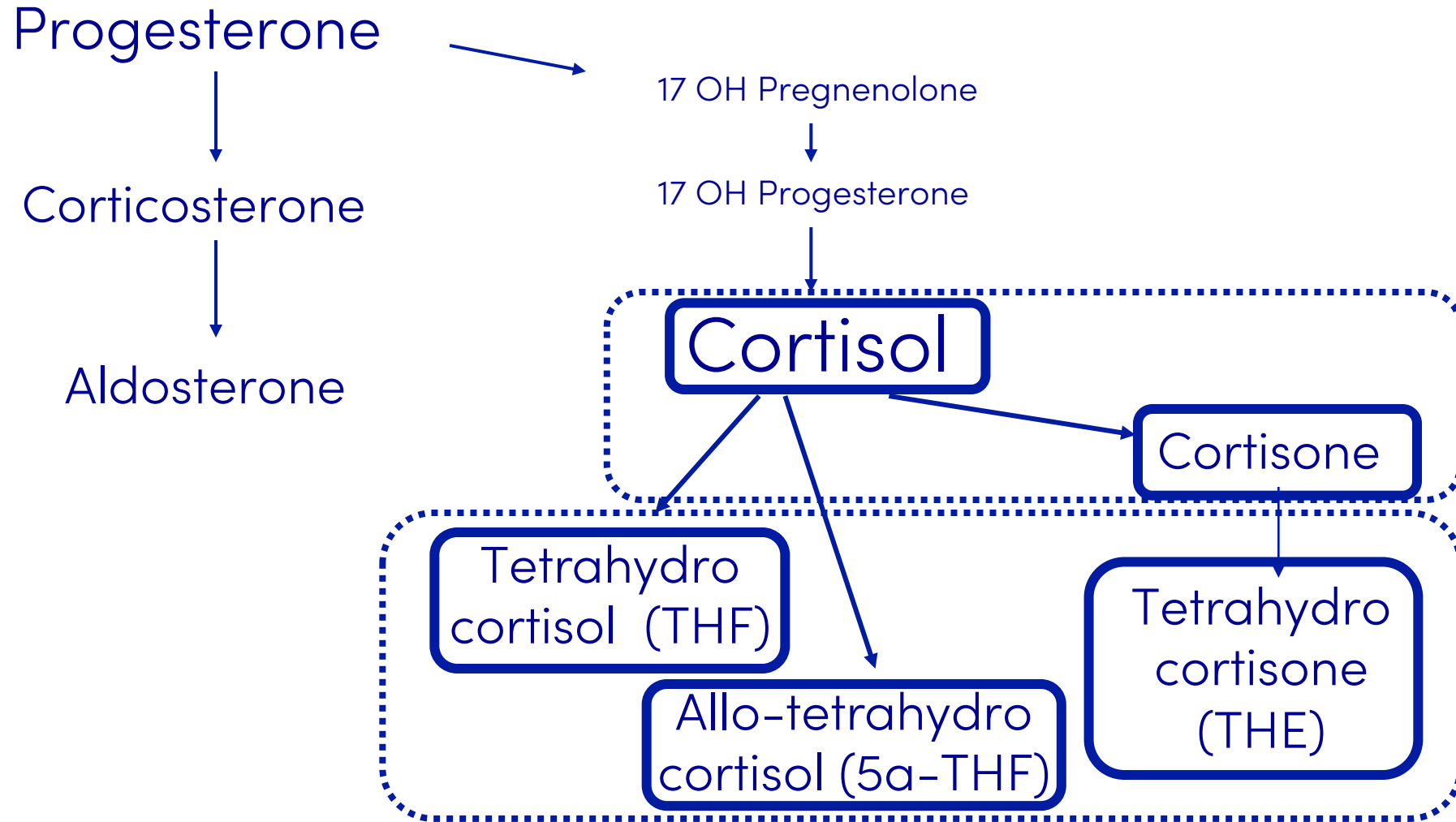


# Corticosteroids

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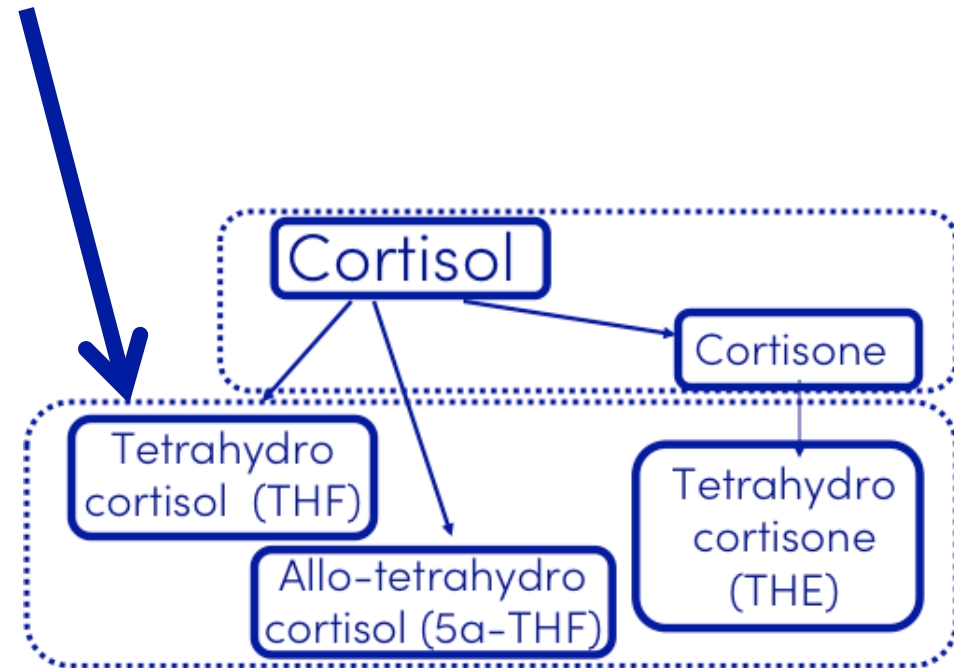
- Cortisol is principle corticosteroid
- Need corticosteroids to live
- Corticosteroid production is a priority  
other steroids, androgens for example, will deplete first
- Confirm levels by testing
- If corticosteroids are too depleted it can be hard to  
get other hormones in balance
- Great fear of treating with cortisol  
the problem was overdose, not cortisol
- If you have reluctance, relinquish it

# Adrenal Corticosteroids



# Corticosteroids

- Corticosteroid preservation is common
- Depletion does occur
- Evaluate sum of principle metabolites,  
THE + THF + 5α-THF
- 4000 - 6000 optimal  
in a woman
- 3000 - 5000 acceptable  
in a woman



# Corticosteroids

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At times, depletion needs to be Rx'd;

...many times, not

If corticosteroids are lower than optimal,

&, estrogens, progesterone and androgens are very low....

restoration of other hormones will often be accompanied by 'revival' of corticosteroids