

Follow-up Plan

Today's Visit: _____

MRI: _____

Visual Field: _____

Others: _____

Changes: _____

Medication Changes: _____

Notes/Questions:

Next Visit: _____

Ordered Tests:

- MRI*
- Visual Field*
- Blood work*
- Others*

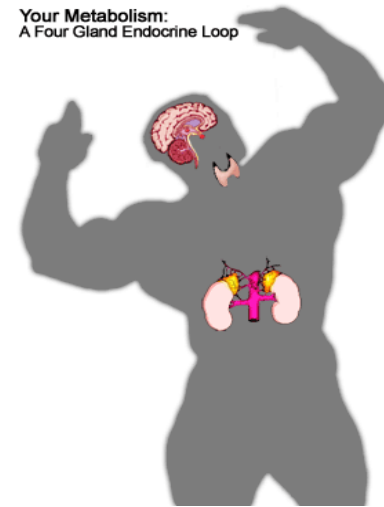
Vancouver Neuropituitary Program



UBC Division of
Endocrinology
& Metabolism



Your Metabolism:
A Four Gland Endocrine Loop



Cushing's disease Record Book

Name:

- Also ask us for these materials:**
- Cushing's disease brochure
 - Adrenal insufficiency book
 - Medication guidelines & coverage
 - Cushing's disease lab tests
 - Transsphenoidal Surgery
 - Endocrine links & support groups
 - Adrenal insufficiency travel letter
 - Medical alert bracelet
(www.IdentifyYourself.com)

If found please return to:

Neuropituitary Clinics:

Room 467, Comox Bldg, St. Paul's Hospital,
Vancouver, BC
PH: (604) 806-9156
Fax: (604) 806-8594

Vancouver General Hospital (VGH)
Gordon and Leslie Diamond Health Care Centre
2775 Laurel Street, Vancouver, B.C
PH: 604.875.5929
Fax: 604.875.5925

Pituitary Nurse: Crystal Gagnon

Ph: 604-682-2344 ext. 62413
Pager: 604-252-4832
cgagnon2@providencehealth.bc.ca

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My Contacts:

Doctors: _____ *Endocrinologist*

_____ *Endocrinologist*

_____ *Neurosurgeon*

_____ *Radiation Oncologist*

_____ *Family Doctor*

Nurse(s): *Crystal Gagnon*

Ph: 604-682-2344 ext. 62413

Pager: 604-252-4832

cgagnon2@providencehealth.bc.ca

Clinic Coordinator: _____

My Medical History:

Allergies: _____

Surgeries: _____

Other conditions:

Pharmacy: _____

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Effects of Cushing's disease on my body:

- **Vision:** Pituitary tumour can press on the surrounding areas of the brain, blood vessels, and nerves and can cause headaches. They can also press on the optic nerve, causing vision problems.
- **Heart:** Excessive cortisol levels can put you at risk for high blood pressure.
- **Bones:** High levels of cortisol can put you at risk for osteoporosis and weakened bones.
- **Immunity:** High cortisol impairs wound healing and puts you at risk for infections
- **Muscles:** Muscle weakness may make it harder to do everyday tasks.
- **Other hormones:** Sometimes after surgery, radiation treatment, the body becomes deficient in hormones such as cortisol, thyroid, prolactin, testosterone, estradiol, and growth hormone. These hormones must be monitored regularly and replaced with medications, especially during times of illness or stress (cortisol).

➤ **Baseline Tests**

| | <i>Date</i> | <i>Result</i> |
|-------------------------------|-------------|---------------|
| ✓ <i>MRI</i> | _____ | _____ |
| ✓ <i>Visual Field</i> | _____ | _____ |
| ✓ <i>DM supp test:</i> | _____ | _____ |
| <i>Low dose</i> | _____ | _____ |
| <i>High dose</i> | _____ | _____ |
| ✓ <i>Midnight cortisol: :</i> | _____ | _____ |
| <i>Repeat</i> | _____ | _____ |
| <i>Repeat</i> | _____ | _____ |
| ✓ <i>24hr urine cortisol:</i> | _____ | _____ |
| <i>Repeat</i> | _____ | _____ |
| <i>Repeat</i> | _____ | _____ |
| ✓ <i>AM cortisol:</i> | _____ | _____ |
| <i>Repeat</i> | _____ | _____ |
| <i>Repeat</i> | _____ | _____ |

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Baseline Tests

| | Result | Date |
|------------------------|---------------------|-------------|
| ✓ <i>ACTH :</i> | _____ | _____ |
| | <i>Repeat</i> _____ | _____ |
| | <i>Repeat</i> _____ | _____ |
| ✓ <i>Bone Density:</i> | _____ | _____ |
| | <i>Repeat</i> _____ | _____ |
| | <i>Repeat</i> _____ | _____ |
| ✓ <i>BP:</i> | _____ | _____ |
| ✓ <i>Weight:</i> | _____ | _____ |

Baseline Other Tests (if needed):

| | Result | Date |
|-----------------------|---------------|-------------|
| ✓ <i>LH,</i> | _____ | _____ |
| ✓ <i>FSH</i> | _____ | _____ |
| ✓ <i>Estradiol</i> | _____ | _____ |
| ✓ <i>Testosterone</i> | _____ | _____ |
| ✓ <i>2hr OGTT:</i> | _____ | _____ |

Baseline Other Tests (if needed):

| | Result | Date |
|-------------------|---------------|-------------|
| ✓ IGF-1: | ----- | ----- |
| Repeat | ----- | ----- |
| Repeat | ----- | ----- |
| ✓ TSH: | ----- | ----- |
| ✓ FT4: | ----- | ----- |
| ✓ Prolactin Test: | ----- | ----- |

ACTH - Blood cortisol after *ACTH* stimulation should be greater than 18 - 20 mcg/dL
HbA1c - <=7%

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will result in appointment cancellation and a longer wait time to see the Doctor(s).

Lab Results

| <i>Ranges</i> | | | | | | | | | | | | |
|---------------|--------------|-----------|-----------|--------------------|------------|------------|-----------------------|------------------|-----------|------------|-------------|--------------|
| <i>Date</i> | <i>IGF-1</i> | <i>GH</i> | <i>PL</i> | <i>AM Cortisol</i> | <i>TSH</i> | <i>FT4</i> | <i>Bioavail Test.</i> | <i>Estradiol</i> | <i>LH</i> | <i>FSH</i> | <i>ACTH</i> | <i>HbA1c</i> |
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Ranges:

IGF-1 - (dependent on age and gender)-

GH - >3-5ng/mL

PL - <15 ug/L

Am cortisol -171-875 nmol/L

TSH -0.5-5.5 mU/L

FT4 - 11-22pmol/L

Bioavail test. -5-12 nmol/L

Estradiol-

Follicular: 70-530pmol/L

Mid-cycle 230-1310pmol/L

Luteal 200-790pmol/L

Post-menopausal < 120pmol/L

LH - 2-18 U/L

FSH - <10 IU/L

Inferior Petrosal Sinus Sampling

| <i>Time</i> | <i>L Petrosal ACTH</i> | <i>R Petrosal ACTH</i> | <i>Periphery</i> |
|---------------|------------------------|------------------------|------------------|
| <i>0 min</i> | | | |
| <i>-- min</i> | | | |
| <i>-- min</i> | | | |
| <i>-- min</i> | | | |
| <i>--min</i> | | | |

Reminders:

- ✓ Please bring an updated list of medications to every appointment.
- ✓ If you are Cortisol deficient and require Cortef, make sure you have received Adrenal Insufficiency Teaching and are aware of the importance of wearing a Medical Alert Bracelet.
- ✓ Remember to get your yearly flu shot and ask about pneumococcal vaccinations.
- ✓ If you are taking Synthroid make sure you take your pill first thing in the morning with a sip of water and wait 1 hour before eating your breakfast.

| <i>Medications</i> | <i>Dose</i> | <i>Date</i> |
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| <i>Medications</i> | <i>Dose</i> | <i>Date</i> |
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Reminders:

- ✓ All follow-up testing and appointments are very important.
- ✓ Please have blood work completed at least 1-2 weeks before appointment.
Failure to complete blood work on time

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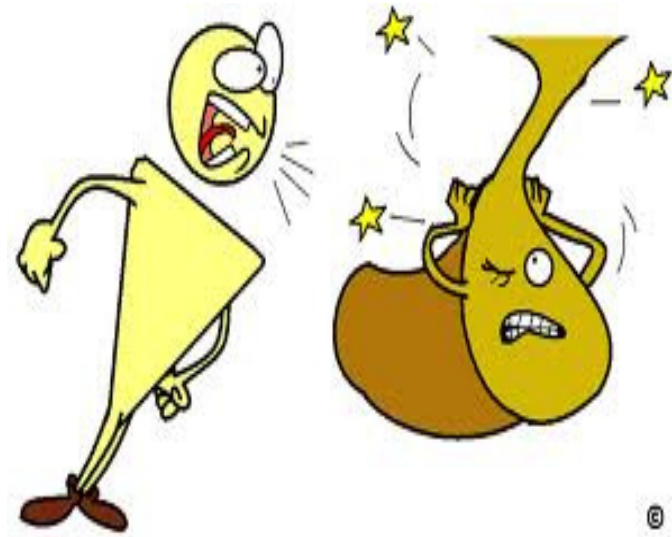
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Supported by an educational grant from:



Prepared by:

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Pituitary Nurse at St. Paul's Hospital and
Vancouver General Hospital, June 2012.