

For the duration of any illness, your child's dose of hydrocortisone tablets is

If you have severe adrenal suppression you may also be given Hydrocortisone for I/M injection.

This will be needed if the child needs: Dental fillings or extractions, vomiting and can not keep the tablets/medicine down, has a general anaesthetic for an operation or have a serious injury, such as a bump on the head, breaks a limb or sustains burns.

If for any reason you find your child with symptoms of hypoglycaemia (low blood sugar) they are pale, clammy, drowsy, confused, glazed and not responding as they would do normally.

Dial 999 and request emergency help.

Lay the child in the recovery position and elevate the legs.

Give Hypo-stop rubbing it into the side of the mouth. If (trained) to do so give the child I/M injection of Hydrocortisone.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall's Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Southport Hospital
Town Lane, Kew,
Southport, Merseyside,
PR8 6PN
Telephone: 01704 547 471

Ormskirk Hospital
Dicconson Way, Wigan Road,
Ormskirk, Lancashire, L39 2AZ
Telephone: 01695 577 111

Adrenal Suppression (Cortisol Deficiency)

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

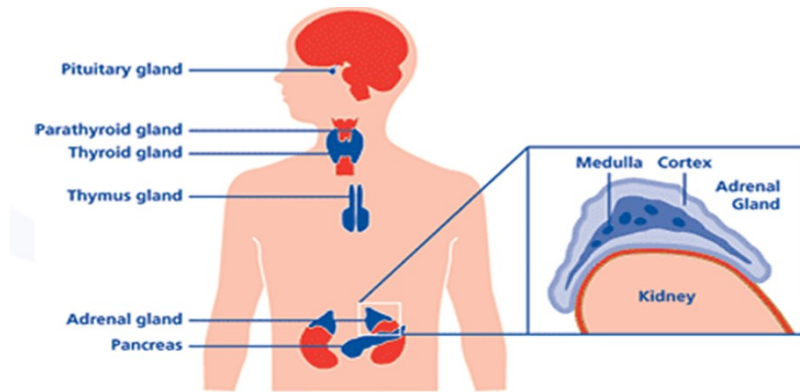
如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتيسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Where are the Adrenal Glands and what do they do?

The adrenal glands rest on top of the kidneys. They are part of the endocrine system, which organises the release of hormones within the body. Hormones are chemical messengers that switch on and off processes within the body.

The Adrenal Glands consist of two parts:



1. The medulla (inner section) which makes the hormone 'adrenaline' which is part of the 'flight or fight' response a person has when stressed.
2. The cortex (outer section) which releases several hormones. The two most important ones are:
 - Aldosterone – this helps regulate the blood pressure by controlling how much salt is retained in the body. If a person is unable to make aldosterone themselves, they will need to take a tablet called 'fludrocortisone'
 - Cortisol – this is the body's natural steroid and has three main functions:
 - ☐ helping to control the blood sugar level
 - ☐ helping to body to deal with stress
 - ☐ helping to control blood pressure and blood circulation

If you require more information specifically about your child's condition please ask your doctor.

What is Cortisol Deficiency?

Cortisol deficiency, also known as adrenal insufficiency, occurs when the adrenal glands do not produce enough cortisol, a vital hormone. This deficiency can lead to various health problems, including fatigue, muscle weakness, and low blood pressure. Addison's disease is a specific type of adrenal insufficiency caused by damage to the adrenal glands.

This can happen for four main reasons:

- When the pituitary gland is unable to produce the chemicals needed to tell the adrenal glands to 'switch on' their cortisol production. The pituitary gland is the 'master gland' which controls other glands in the body.
- When there is a defect in the adrenal glands so they do not allow cortisol to be produced (this can also be associated with aldosterone deficiency).
- If the adrenal gland itself fails or is removed (this usually results in aldosterone deficiency as well).
- The adrenal glands stop producing cortisol because there are additional steroids in the body ("adrenal suppression")

Benefits and Risks of Treatment

Cortisol Deficiency is easily controlled with replacement therapy. However if a person with cortisol deficiency becomes very stressed or unwell, either emotionally or physically and they are unable to increase the production of Cortisol to help the body cope, this could be life threatening. In these circumstances, the amount of hydrocortisone given needs to be increased quickly. This is done by, either:

- Increasing the dose of the oral hydrocortisone taken as tablets or medicine
- Giving an injection into the child's thigh (intramuscular hydrocortisone)

You should increase or start your child's hydrocortisone when either of the following occurs:

- ⇒ Vomiting or Diarrhoea
- ⇒ Chest infection
- ⇒ Reduced activity
- ⇒ High temperature with infection