

Cortisol excess can cause insulin resistance, when can eventually develop into type II diabete mellitus.

Diagnosis

24-hour urine free Cortisol

[24-hour-clock Urinal with Court-of-Sol](#)

Diagnosis of Cushing syndrome can be made with a 24-hour urine free Cortisol test. This helps discover high levels of Cortisol in patient circulation.

Dexamethasone Suppression Test

[Desk-moth Suppressed](#)

The dexamethasone suppression test is very helpful in diagnosing Cushing syndrome. This is because through administration of dexamethasone and frequent determination of cortisol and ACTH level, the etiology of excess cortisol secretion can be found.