

Fat redistribution due to the cortisol effects often lead to a red, puffy, and rounded face; otherwise known as “moon face.”

### **Thinning Skin**

#### **Thin Skin-suit**

Excessive amounts of cortisol lead to deficits in collagen level, which subsequently cause thinning of the skin. This makes the skin more easily prone to bruising. Additionally, catabolic processes slow wound healing.

### **Hyperglycemia**

#### **Hiker-Glue-bottle**

Hyperglycemia occurs due to the excessive levels of cortisol, which raise blood glucose levels in response to cortisol-induced insulin resistance and glucose intolerance, as well as increased gluconeogenesis by the liver.

### **Hypertension**

#### **Hiker-BP**

Sustained elevated blood pressure is often seen in patients with this disease due to sodium and water retention. This leads to hypervolemia and edema formation, thereby causing hypertension.

## **Considerations**

### **Long Term Glucocorticoid Use**

#### **Glue-quarter-on-steroids**

The most common cause of Cushing's syndrome is the long-term use of corticosteroids, particularly glucocorticoids. Examples include prednisone, dexamethasone, and prednisolone. They are often used to treat conditions, such as asthma, rheumatoid arthritis, or cancer.

### **Immunosuppression**

#### **Moon-suppressed**

It is important to be aware that patients with Cushing's syndrome/disease are often immunosuppressed. This places them at increased risk for infection related to their lowered resistance to stress and suppression of the immune system.