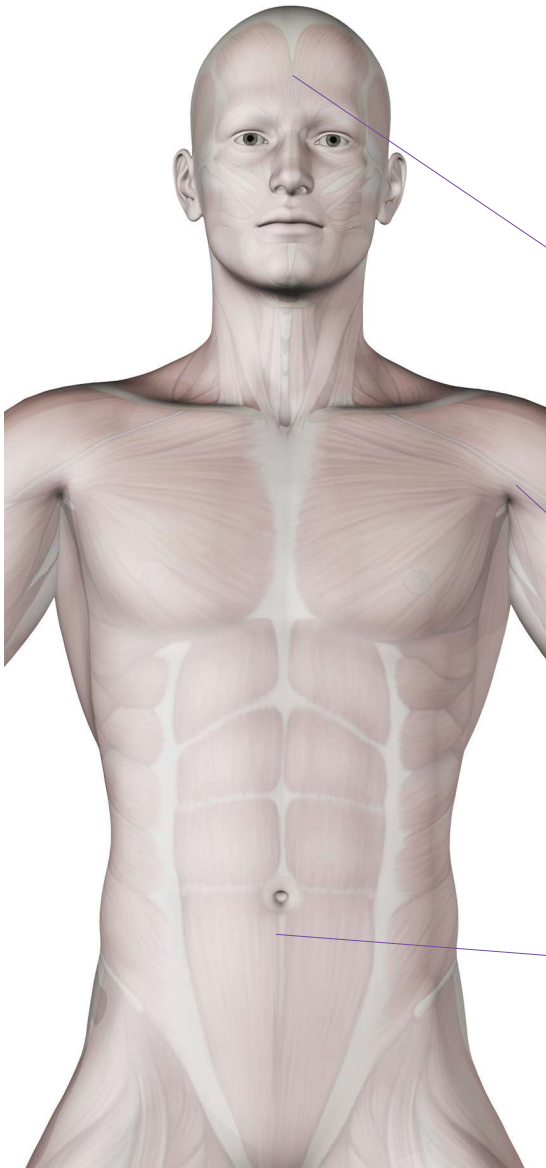


Adrenal Gland Problems

What are the symptoms?

- **Fatigue/low energy**
- **Muscle weakness and pain**
- **Feeling dizzy/lightheaded, confused/foggy**
- **Feeling faint or actually fainting**
- **Nausea/vomiting**
- **Dark/bronzing skin**
- **Craving salty foods/drinks**
- **Feeling irritable or depressed**
- **Loss of appetite, weight loss**

Where are the symptoms?

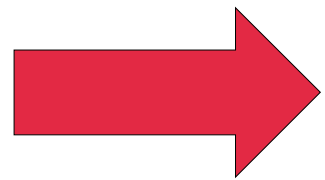


- Fatigue/low energy
- Feeling dizzy/lightheaded, confused/foggy
- Feeling faint or actually fainting
- Feeling irritable or depressed

- Darkening/bronzing of skin
- Muscle pain and/or weakness

- Nausea (upset stomach) and vomiting (throwing up)
- Weight loss

Why should you report these symptoms early to your oncology team?



Reporting symptoms early increases your chances of staying on your treatment

- Steps can be taken to address your symptoms early
- Weight loss  nutritional deficiencies
- Untreated depression  mental and physical decline

How can I take care of my adrenal gland?

DO

- If you have been diagnosed with an adrenal insufficiency, your healthcare team will educate you about wearing a medical alert bracelet and being prepared with stress doses of corticosteroids for surgery, severe illness, injury, etc.

Who will help me with adrenal side effects?

YOUR ONCOLOGIST



- Always call your oncologist first
- They'll manage most symptoms with medications and close follow-up

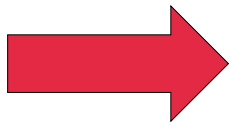
BUT, if symptoms progress

- A doctor who specializes in adrenal issues (endocrinologist) may need to help
- You may need specialized tests and steroids
- Severe or life-threatening symptoms
 - May require that you be admitted to the hospital and treated by an endocrinologist (adrenal specialist)
 - In that case, specialized medicine and care may be given to you

When should I be most concerned?

If you experience

- Fainting (passing out) or extreme weakness
- Extreme confusion or not making sense to others
- Severe vomiting/diarrhea
- Sudden, severe pain in your lower back, belly, or legs



Call your oncologist IMMEDIATELY and be prepared to go to the emergency room