

A Case of Iatrogenic Cushing's Syndrome

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1. Case History

46 years old male Patient known case of some respiratory illness no documentation available and patient taking over the counter Steroids for the same, came to SSG hospital with complaints of Cough with Expectoration since 3 days, c/o facial puffiness since 6 months, c/o constipation since 6 months, c/o itching over trunk, abdomen & both arms, c/o Abdominal distension since 1 year, c/o Weight gain since 5 Years, c/o Breathlessness on& off since birth aggravated by Dust particles & in Winter. There are no complaints of Fever, Orthopnea, Pedal edema, Melena, decreased Urine output. Patient's Blood pressure was 140/86 mmHg; pulse rate 110/min and RBS - 191 mg/dl. On general examination patient has features of Moon Face, buffalo Hump over back, Itchy skin lesions over trunk/abdomen/ arms. On RS examination patient has wheeze present over bilateral lung fields other system examination was normal.

2. Diagnosis

On further investigations Hb, RFT, LFT, TSH, Usg Abdomen, Urine Routine micro were normal, ABGA suggestive of mild Respiratory acidosis, Wbc - 13900, 8 Am S. Cortisol - 0.32, HbA1c - 8.3, HRCT chest - suggestive of Multifocal Bronchiectasis with changes of Koch's, DEXA scan - severe osteoporosis.

Management

Considering the diagnosis of Iatrogenic Cushing's syndrome with DM - 2 with pulmonary Koch's Patient was started with T. Hisone5 mg (2/1/1) 8 Am/2Pm/8Pm, T. Metformin 1g BD, Idrafos Kit (T. IbandronicAcid (150mg) + Ca²⁺ (225mg) +Vit D3 (800IU)), T. Fluconazolee (150) 3tab Mon/Friday, T. Panto (40) 1 OD, Inj. Glargine 10 U Sc10 Pm, T. Deriphyline R 1 OD & AKT with supportive symptomatic treatment.

3. Outcome

Patient has clinically improved with decreased facial puffiness, skin lesions and sugar control, relieved breathing difficulty.

4. Discussion

Cushing's syndrome is a collection of signs and symptoms due to extensive exposure to glucocorticoids such as

cortisol. Signs and symptoms may include high blood pressure, abdominal obesity with thin arms and legs, reddish stretch marks, a round face, a fat lump between the shoulders, weak muscles, weak bones, acne, and fragile skin that heals poorly. Cushing's syndrome is caused by either excessive cortisol - like medication or a tumor that either produces or results in the production of excessive cortisol by the adrenal glands.

References

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