

### Hormone Axes

Endocrinology is understood based on feedback loops

Example: Hypothalamus → Pituitary → Target Gland → Hormone → Feedback

### Systems Review History

Thyroid	Diabetes	Adrenal	Pituitary	Past History
Weight loss/gain	Polyuria, polydipsia	Fatigue, dizziness	Headache, vision	Endocrine/autoimmune disorders
Heat/cold intolerance	Fatigue	Pigmentation	Libido/fertility	Surgeries, radiation
Palpitations, tremor	Infections	Nausea, salt craving	Galactorrhea	
Neck swelling	Neuropathy, vision		Growth changes	
Hair/skin/mood changes				

### Systems Review Physical

General Inspection	Vitals	Hands/Arms	Face & Neck	Chest	Abdomen	Legs	Neuro
Body habitus	BP (± orthostatic)	Tremor	Eye signs (lid lag, exophthalmos)	Gynecomastia	Central obesity	Myopathy	Visual fields
Skin/hair/voice	HR	Palmar erythema	Eye signs (lid lag, exophthalmos)	Hair distribution	Striae	Reflexes	CN exam (pituitary)
Scars, pigmentation, striae	Blood glucose	Myopathy	Thyroid: inspect, palpate, auscultate		Masses	Neuropathy	
	Temp	Reflexes				Edema	
		Skin changes					

## The Five Systems and Their Common Disorders

Thyroid	Hypo-/Hyperthyroidism, Nodules, Goiter, Thyroiditis
Adrenal	Addison's, Cushing's, Conn's (Hyperaldosteronism), Pheochromocytoma
Pituitary	Prolactinoma, Acromegaly, Hypopituitarism, Diabetes Insipidus
Pancreas	Diabetes Mellitus (Type 1 & 2), Hypoglycemia
Gonadal	PCOS, Hypogonadism, Menstrual disorders

## Key Symptoms

<input type="checkbox"/> Hypo	<input type="checkbox"/> Hyper
Weight Gain	Weight Loss
Fatigue	Sweating/Palpitations
Cold Intolerance	Anxiety, Tremors
Constipation	Diarrhea
Depression	Heat Intolerance
Amenorrhea	Irregular Periods

## Symptom-Based Differentials

Symptom	Possible Differential
Weight loss	Hyperthyroid, diabetes, Addison's, cancer
Weight gain	Hypothyroid, Cushing's, insulin therapy
Amenorrhea	PCOS, prolactinoma, hypothalamic causes
Polyuria/polydipsia	Diabetes mellitus, diabetes insipidus, hypercalcemia
Fatigue	Hypothyroid, Addison's, diabetes, anemia

## Considerations

Hormone excess/deficiency
Primary/secondary gland problem
Mass effects (compression, vision)
Systemic effects (metabolic, menstrual, growth)
Timeline (acute, chronic, fluctuating)

## Labs

Lab	Indication
TSH + Free T4	Thyroid function (hypo/hyper)
Cortisol ± ACTH	Adrenal function (Addison's/Cushing's)
OGTT + HbA1c	Glucose tolerance & diabetes control
Prolactin	Pituitary tumors, galactorrhea, amenorrhea
PTH + Calcium	Hyper-/Hypoparathyroidism
LH/FSH + Sex hormones	Gonadal axis function
Insulin/C-peptide	Differentiating type 1/2 diabetes, insulinomas

## Common Syndromes

Syndrome	Key Features
Cushing's	Central obesity, moon face, purple striae, HTN, glucose intolerance
Addison's	Hyperpigmentation, fatigue, hypotension, salt craving, weight loss
Graves'	Hyperthyroid + eye signs (exophthalmos, lid lag), diffuse goiter
Hypothyroid	Cold intolerance, dry skin, weight gain, fatigue, slow reflexes
Acromegaly	Enlarged hands/feet, coarse features, diabetes, spacing of teeth
Prolactinoma	Galactorrhea, amenorrhea, reduced libido, visual changes



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### Common Syndromes (cont)

PCOS Irregular menses, hirsutism, acne, insulin resistance, obesity

### Clinical Skills

Glucose (pin prick)

Visual field via confrontation

Thyroid exam (palpate, swallow, auscultate)

Visual signs (Cushingoid features, tremor, myxedema)

Diabetic foot exam (vibration, pinprick, monofilament)



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