

Here are some things you can say to your doctor to start a conversation on how to receive a diagnosis and treatment:

"I was reading some information online and wanted to ask you a few questions about adrenal fatigue or another possible health concern.

Some of my symptoms look like the ones that people with adrenal fatigue have, **but most importantly, I wanted to get your expert opinion on this and find out what you think this could be, receive a diagnosis, and follow your advice for treatment, whatever you find that could be causing these symptoms.**

The symptoms I've been experiencing are (check all that apply):

chronic, or long lasting, fatigue muscle weakness or aches dizziness
 depression irritability

abdominal pain muscle or joint pain headaches sweating

loss of appetite weight loss nausea vomiting diarrhea craving salty foods dehydration low blood pressure that drops further when a person stands up, causing dizziness or fainting hypoglycemia, or low blood sugar

irregular or absent menstrual periods in women, body hair loss or loss of interest in sex

sudden, severe pain in the lower back, abdomen, or legs severe vomiting and diarrhea low blood pressure; fainting loss of consciousness

Pain in your lower back, abdomen or legs Severe vomiting and diarrhea, leading to dehydration Dark skin Bluish-black color around the nipples, mouth, rectum, scrotum, or vagina

Other symptoms: _____

*(Remember to tell you doctor *every* symptom you have been experiencing, even if it is not on this list or *even if you don't think it's related*. It is very important that your doctor knows **everything** that has been going on with you so that he or she can get an accurate picture of your health and make the best decisions on how to treat you. They need to know this so they can accurately treat you, so please share all of your symptoms and health concerns with them.)

Then explain to your doctor:

“I was wondering what your thoughts were on this, if you think it would be best to get a test to check this out, **or if you think it could possibly be something else, and if so, what do you recommend for diagnosis and treatment?**”

Then, your doctor will tell you what he or she recommends for testing and treatment. Your doctor might also have other ideas about what could be causing these symptoms: it might be adrenal fatigue, it might be something else. It's best to follow your doctor's advice and work closely with him or her by communicating all symptoms clearly, getting the proper testing done, and doing what he or she recommends for treatment.

(Questions for your doctor or notes on what you talked about with your doctor:)

Specifically, the saliva test that I had was a “saliva cortisol test” if you want to mention it by name. However, your doctor will also have a better idea of which tests will work for your specific circumstance.

Site with more information on tests:

<https://labtestsonline.org/understanding/conditions/addisons-disease/start/2>
<https://labtestsonline.org/understanding/analytes/cortisol/tab/test>

PDF for Dr.'s Visit- Adrenal Fatigue

Resources:

Adrenal Insufficiency and Addison Disease. (2013, August 16). Retrieved August 24, 2016, from <https://labtestsonline.org/understanding/conditions/addisons-disease/start/2>

Berry, J., PhD, APRN, & Foster, S., RN, MPH. (2016). Adrenal Insufficiency/Addison's Disease. Retrieved August 24, 2016, from <https://www.urmc.rochester.edu/encyclopedia/content.aspx?contenttypeid=85>

Center for Disease Control and Prevention. (2012, May 14). Chronic Fatigue Syndrome (CFS): Causes. Retrieved August 24, 2016, from <http://www.cdc.gov/cfs/causes/>

Cortisol. (2015, October/November). Retrieved August 24, 2016, from <https://labtestsonline.org/understanding/analytes/cortisol/tab/test>

Cortisol & Adrenal Function. (2015). Retrieved November 30, 2015, from <https://www.adrenalfatigue.org/cortisol-adrenal-function>

Loechner, K., M.D., Ph.D., & Stratakis, C., M.D., D., (2014, May). Adrenal Insufficiency and Addison's Disease. Retrieved August 24, 2016, from <https://www.niddk.nih.gov/health-information/health-topics/endocrine/adrenal-insufficiency-addisons-disease/Pages/fact-sheet.aspx#symptoms>

Mayo Clinic. (2015, November/December). Addison's disease. Retrieved August 24, 2016, from <http://www.mayoclinic.org/diseases-conditions/addisons-disease/symptoms-causes/dxc-20155757>