

# Adrenal Health Blood Work & Scan Tracker

**Patient Details**

- **Name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_ **BLOOD TYPE:** \_\_\_\_\_
- **Endocrinologist:** \_\_\_\_\_ **Phone:** \_\_\_\_\_
- **Emergency Contact:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

Key Blood Tests to Track							
Date	Cortisol (AM) *(5-25 µg/dL)*	ACTH *(10-60 pg/ mL)*	Sodium *(135-145 mEq/L)*	Potassium *(3.5-5.1 mEq/L)*	Aldosterone *(4-31 ng/dL)*	Renin *(0.5-4 ng/ mL/hr)*	Notes (Med Changes, Symptoms, etc.)

Imaging Scans & Results				
Date	Scan Type	Results Summary	Follow-Up Needed?	Notes

**Why These Tests Matter**

- **Cortisol/ACTH:** Diagnoses and monitors adrenal function.
- **Sodium/Potassium:** Reveals aldosterone deficiency (common in Addison's).
- **Renin/Aldosterone:** Guides fludrocortisone dosing.
- **CT Scans:** Checks for adrenal gland damage (e.g., autoimmune destruction).

**Example Trend Alert:**  
*"Potassium has been >5.0 for 3 months—ask about fludrocortisone increase."*

**Tips for Use**

1. **Bring this to every appointment** to discuss trends (e.g., "My sodium keeps dropping").
2. **Flag abnormalities** with highlighters (e.g., yellow = borderline, red = critical).
3. **Pair with symptoms** (e.g., "Low sodium days = worse dizziness").

**Example Doctor Questions:** "Do my cortisol levels explain my fatigue spikes?" "Should we retest aldosterone given my low sodium?"