

If you need to connect with another Cushie...

- § Very active Message boards
- § 24/7 Chatroom
- § Scheduled Chats, each Wednesday, 9:00PM Eastern
- § Call-In Voice Chats, most Thursdays, 7:30 PM Eastern.

If you would like to be a guest, please contact CushingsHelp@gmail.com

Call (646) 200-0162 to ask a question or chat with the guest

- § **New!** Podcasts on iTunes
- § **New!** We now have a mailbox to send donations or questions.

Mary O'Connor
Cushings Help
4094 Majestic Lane #328
Fairfax, VA 22033

From Columbus OH dinner



Cushing's Help and Support

From **the Testimonials page...**

The people on this board make up a wonderful, supportive community that I feel very privileged to be a part of.

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The sense of community and support particularly from those going through what we are is so paramount in my opinion.

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The help I've found here is priceless and I have no idea how to ever thank MaryO for all that she has done for me.

~~~~~  
Thank you, MaryO, I'm off to Pittsburgh for my chance at a cure

~~~~~  
And I owe it all to you and this site. I don't think I would have made it through all of the dark hours, the naysayers, the rejection or negative tests if it weren't for the love and support I've received here. The next time you are down, remember there's two little girls that want their Mommy back, and if it weren't for your thorough and selfless dedication I wouldn't be here.

~~~~~  
Thank you again for all that you do, and all that you are.

~~~~~  
Thank you Mary the list is fantastic. The work that you put into this site is really appreciated more than you will ever know. Saying THANK YOU one million times would not be enough to show how much this site means to me. You are a living angel Mary and deserve the very best of everything good in this world.

To talk to someone...

Phone 260-727-9866
(leave message for a call-back)
Email: CushingsHelp@gmail.com

It's about time there was some support for Cushing's...

Now there is!



When you need a supportive friend to talk to, we'll be there for you!

With message boards, 24/7 chat room, local liaisons, pen pals, phone and meeting support, patient advocacy, podcasts and referrals you'll never be alone with Cushing's again!

Please join us!

There is no charge to participate.

**www.cushings-help.com
www.cushie.info**

A bit about Cushing's...

Ok! It's time to get serious!

I'm tired of feeling so bad. I'm going to find an endocrinologist.



It's about time there was some support for Cushing's!

But where can I find someone to talk to who understands what I'm going through? Where can I find more info? Who will help me get through the medical maze and testing?

Cushing's Help and Support comes to the rescue! With message boards, 24/7 chat rooms, timely information, news items and much more, you've always got a friend who understands!

<http://www.cushings-help.com>
<http://www.cushie.info>

Members of the message boards are so committed to getting the word out about Cushing's, that we now have podcasts and weekly call-in radio-style voice chats. These chats are archived for later listening online or on your MP3 player.

We're sorry that have Cushing's, but glad that you found Help and Support!

Some Common Symptoms

Some of the signs and symptoms of Cushing's syndrome and disease are as follows (remember that not everyone has every symptom):

§ One very common symptom is weight gain. Fat deposits can form around your stomach and upper back. Arms and legs stay thin and don't usually get fatter. Many people develop a fat pad on the back of the neck, called a Buffalo Hump.



Mary, Before surgery

§ Your skin may get thinner and easily bruised. Cuts, scratches and insect bites take longer to heal, Pink or purple stretch marks may form on your skin. Your face may become round and puffy.

§ You may feel tired and have weak muscles. You may feel depressed. Women usually have irregular menstrual periods and may grow thick or more visible body hair.

§ Osteoporosis, high blood pressure and diabetes can be signs.

§ Infections take longer to heal. If you often get skin or other infections, especially if they are unusual, you may have Cushing's syndrome or disease.

What is it, already?

Cushing's syndrome is a hormonal disorder caused by prolonged exposure of the body's tissues to high levels of the hormone cortisol. Sometimes called "hypercortisolism", it is relatively rare and most commonly affects adults aged 20 to 50. An estimated 10 to 15 of every million people are affected each year.



Mary, Post pituitary surgery

Your body might make too much cortisol or you might take too much of a cortisone-type drug and end up with Cushing's syndrome.

The most common cause of Cushing's syndrome is taking cortisone-like medicines orally (by mouth) every day for weeks to months.

Other causes can be tumors of the pituitary gland, the adrenal gland or an ectopic tumor, often on the lungs.

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