

SCREENING FOR CUSHING'S SYNDROME IN OBESE PATIENTS



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INTRODUCTION

Cushing's syndrome (CS) is considered to be more frequent among patients with metabolic syndrome. Previous studies have suggested to perform a routine screening for CS in obese patients; however, more recent reports only recommend a case-finding approach in patients with uncontrolled diabetes and hypertension, despite appropriate treatment.

OBJECTIVE

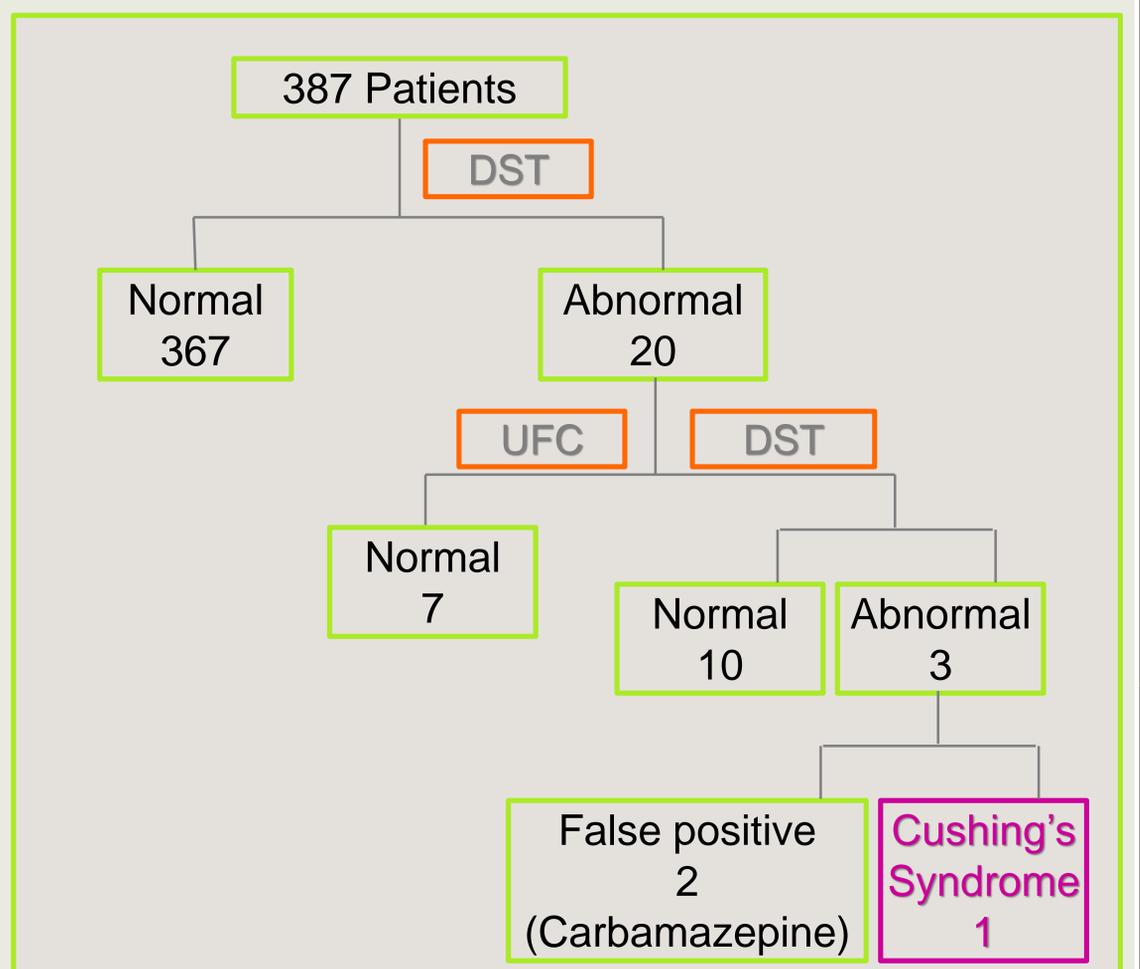
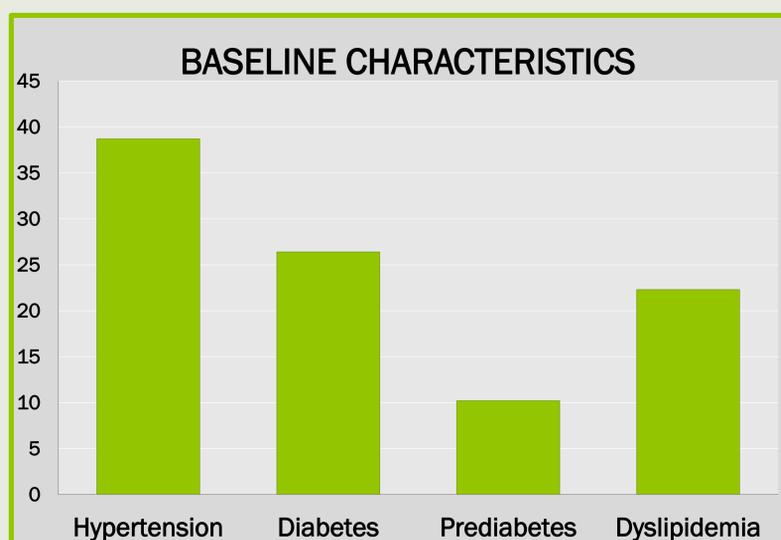
The aim of this study was to evaluate the prevalence of unsuspected CS in morbidly obese patients in an outpatient's clinic.

PATIENTS AND METHODS

We reviewed the medical records of morbidly obese patients referred to our clinic prior to bariatric surgery between January 2001 and December 2011. All patients had a complete medical history including physical examination, and 387 (300 female; mean age $46,5 \pm 11,2$ yr; mean BMI $52,8 \pm 27,1$ kg/m²) underwent screening for CS as part of our pre-surgical protocol. As screening for autonomous cortisol secretion, we performed an overnight 1 mg Dexamethasone Suppression Test (DST). Serum cortisol $< 1,8$ µg/dl was the cut-off point for normal suppression.

RESULTS

387 patients (77% female)
46.63±11.06 years old
BMI: 52.73±26.01 kg/m²



CONCLUSIONS

A low proportion of patients with morbid obesity were found to have CS. Our findings suggest that morbidly obese patients should not be routinely screened for CS.