INTRODUCTION

Cushing's disease (CD) presents a marked female preponderance, with a female-to-male ratio of 3-8:1, but whether this skewed sex distribution has any relevance to the presentation and outcomes of CD is not well understood.

OBJECTIVES

To evaluate sex-related differences in the presentation of CD, as regards: biochemical indices of hypercortisolism; complications of disease and outcomes.

PATIENTS AND METHODS

✓ Clinical data were evaluated at diagnosis and at the last evaluation of hospital consultation.
✓ Remission was defined as normal urinary free cortisol and normal plasma cortisol after overnight or low-dose dexamethasone suppression test.

RESULTS

45 patients with Cushing Disease

87% (n=39) women

Mean age at diagnosis 38.2(12.9) years-old
Median follow-up 90.4(56.7) months

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Females</th>
<th>Males</th>
</tr>
</thead>
<tbody>
<tr>
<td>Remission</td>
<td>33 (n=33)</td>
<td>12 (n=12)</td>
</tr>
<tr>
<td>Recurrence</td>
<td>10 (n=10)</td>
<td>2 (n=2)</td>
</tr>
<tr>
<td>Disease control</td>
<td>1 (n=1)</td>
<td>0 (n=0)</td>
</tr>
</tbody>
</table>

† Re-operated ➔ Medical therapy
| Medical therapy
| Bilateral adrenalectomy
| Radiotherapy ➔ Medical therapy
| Re-operated
| Medical therapy
| Medical therapy ➔ Bilateral adrenalectomy
| Disease control
| 1 in evaluation
| 1 in evaluation
| 1 in evaluation
| 1 in evaluation
| 1 in evaluation

MRI

Microadenoma 57% 33%
Macroadenoma 19% 50%
No image 19% 17%
Signal alteration 5% -

Biochemical control of hypercortisolism after pituitary surgery

Remission 74.4% (29/39) 66.7% (4/6)

Histology

Expression of ACTH 79.5% (31/39) 100% (6/6)

Biochemical evaluation at diagnosis

DISCUSSION AND CONCLUSION

Biochemical indices of hypercortisolism, metabolic and psychiatric disorders, as long as outcomes of CD differed by sex. Understanding this dimorphic pattern may be relevant in order to define the adequate diagnostic work-up and follow-up of these patients.