

## **Soundbite Script – Cushing syndrome is no laughing matter**

**Mary O’Meara, nurse practitioner, OSF HealthCare**

“Cushing syndrome is a disorder where your body is making too much cortisol, which is a stress hormone. Cortisol is important for our body to function, and we need it, we can't go without it. However, there's certain times where your body is getting too much cortisol, and this can cause very serious health issues.” (:18)

**Mary O’Meara, nurse practitioner, OSF HealthCare**

“The symptoms of Cushing syndrome are weight gain, mainly central obesity, which is in the middle of the body and not so much in the arms and the legs. You tend to get what we call moon face, so your face becomes very rounded and puffy looking. You see some people that we have to give steroids to for certain illnesses, they also get that puffy face. So, they will get that if they're getting too much of the natural cortisol inside their body as well.” (:27)

**Mary O’Meara, nurse practitioner, OSF HealthCare**

“Cushing is treatable. It is curable. You may have to go through specialized testing or sent to an endocrinologist, a specialist to really find out the root of the problem, where this extra excess hormone is coming from. If you're having these issues, and you think that you may fall into the categories where you have this problem, seek treatment, advocate for yourself, and find someone that can help you find a proper diagnosis.” (:27)