

## **Cushing Syndrome**

Dear referring physician or nurse practitioner,

- Please print and complete this page then fax back with the completed referral.
- Please review the following checklist to ensure that all information is available for more efficient triaging and shorter wait times for your patient.
- Please only send this completed application once results for all required investigations are available. Referrals with pending results will not be triaged until results are available.

### **Consult endocrinology when (please check box that applies to your patient) :**

Physical features of Cushing syndrome (sudden and severe obesity, round facies, dorsal fat pad, deep violaceous striae, proximal muscle weakness, altered mood/behaviour)

**AND**

growth failure as evidenced by a poor height growth velocity

### **Investigations Required:**

Previous growth chart (height & weight & BMI percentile) on a WHO or CDC growth chart (computer generated growth chart from EMR not accepted)

24 hour urinary free cortisol x 2

If child not toilet trained/diapered, consider 1mg dexamethasone at 11pm followed with a next morning 8am serum cortisol level

### **Triaging Urgency for Query Cushing Syndrome Appointments:**

- Semi-urgent

We strive to meet the triaging times (below), but please note that times may vary in particular for non-urgent or elective referrals.

Thank you

#### **Categories for Urgency:**

**Emergent- contact staff endocrinologist on call (905) 521-5030**

**Urgent – within 7 days – contact staff endocrinologist on call before sending referral (905) 521-5030**

**Semi-urgent– 1 to 4 weeks**

**Non-urgent – 4-16weeks**

**Elective– Next available**