

Cortisol Pump Advocacy

In the United States, there is very little awareness on infusion pump therapy for the treatment of adrenal insufficiency.

However, this foundation is tirelessly working to gather as much information as possible to continue to change lives with this revolutionary concept.

Though we are not a replacement for medical care or advice, our foundation team is a combination of licensed medical professionals and adrenal patients who are veteran pumpers.

We can help guide you to the right information to manage your care with the infusion pump. It is our objective to ensure this treatment option is available to any adrenal patient who would benefit from it.

*We are leading patients to
all adrenal alternatives!*

Adrenal Alternatives Foundation

Adrenalalternatives.com
adrenalalternatives@gmail.com
Facebook.com/hopeforadrenaldisease
Instagram: @AdrenalAlternatives
Twitter: @AdrenalAdvocate

Starting the Cortisol Pump



Adrenal Alternatives Foundation

Cortisol pumping is a concept documented and researched by Professor Peter Hindmarsh, the founder of CAHISUS, a research organization dedicated to treating adrenal diseases.

In his research, he found that adrenal patients were able to find better quality of life by the use of an infusion pump that distributed cortisol in a more consistent, bio-identical way that mimicked the body's natural circadian rhythm.

With the pump, patients can bypass the gastric pathway and absorb their life-sustaining medication better. This treatment is revolutionary for hypermetabolizers and for those with gastro-intestinal problems or malabsorption issues.

Access to and awareness about cortisol pumping is limited in the United States. This foundation works to connect patients to the resources that can help them achieve better quality of life. We work extensively to help sufferers of adrenal insufficiency obtain this life changing treatment.

Finding an endocrinologist willing to work with this relatively unknown treatment option and obtaining insurance approval for a pump, supplies and solu-cortef is a tough battle. Adrenal Alternatives was founded to guide adrenal patients to the right resources in their fight for better quality of life.

Obtaining a Pump

1- Assess your life, health and disease management.

The cortisol pump is not a cure for adrenal insufficiency and is not a treatment that is right for everyone. If you are well managed on the steroid replacement pills, the adrenal pump is excess money and effort you may not need. The pump is not an easy thing to acquire and the fight to get one takes a great deal of effort, mental stamina and resources.

2- Research, learn and educate for yourself.

Information you need to know:
What form of adrenal insufficiency do you have?
What is your quality of life?
Are you able to work, drive, do housework or function normally?
What have you tried to manage your adrenal disease?
What is your current daily dose of replacement steroid?
How much are you stress dosing?
What other medical issues do you have?
Are you able to afford the supplies and medication needed for the pump?

3- Find a Pump Friendly Endocrinologist

Prepare the best case possible. Send your research, your health information, everything you can to the endocrinologist before your appointment so they are aware of your intentions before hand. Write a letter to the endocrinologist explaining your diagnosis, failed treatments and desire to be on the pump. They may or may not be receptive to your request and alerting them of your intentions beforehand may save you time, money and effort.

4- Battling the Insurance Company

Adrenal Insufficiency is documented to be treated by oral steroids and not by the infusion pumps, however there are options to obtaining insurance coverage for the use of infusion pumps in the treatment of adrenal disease. Our team has successfully battled countless insurance companies across the nation and can assist you in your fight for coverage.



Starting the Pump

1- Find the right pump system.

There are multiple different pump systems available in the United States. Determining what company works best for you will depend on your personal cortisol needs, what your insurance will cover and your lifestyle. Though the concept of all pumps are the same, some have different features such as being waterproof or tubeless.

2- Choose a Solu-Cortef ratio.

Solu-Cortef comes in two forms, Acto-Vials and powder vials. The acto-vials are Solu-Cortef powder that is attached with 2ML of saline solution at the top of the canister. The powder vials are only Solu-Cortef. With Acto-vials, the ratio is 2:1. This means that 2ml of solution is equal to 2mg of cortisol because 100mg of solu-cortef was mixed with the 2ml of saline contained in the canister and reconstituted before adding it into the pump reservoir. Pump distribution rates will be calculated according to this.

Example-If a patient takes 20 mg daily their basal rate will be 40units. 2units= 2mg at the 2:1 ratio.

With the powder solu-cortef vials, patients can run a 1:1 ratio by mixing the 100mg of Solu-Cortef powder with 1ML of saline or bacteriostatic water and reconstituting it with a syringe before adding it into the pump reservoir.

Example-If a patient takes 35 mg daily, their basal rate will be 35units. 1unit= 1mg at the 1:1 ratio.

3- Find the right basal dose and rate distribution.

Cortisol replacement therapy needs to be a personalized, calculated process where the following things are considered.

A- Your personal absorption. Clearance testing labs can be done to determine how quickly your body metabolizes cortisol.

B- Your daily basal dose needs. Every adrenal patient is different. Your dose will depend on your specific body's needs according to your health status, comorbidities, pain levels, weight, and cortisol clearance.

C- Your distribution rates. Cortisol replacement needs to be done as closely to the circadian rhythm as possible. 24 hour cortisol lab profiles can be drawn, however, even if you cannot have these tests performed, you and your endocrinologist can work together to calculate a basal cortisol distribution rate based on circadian rhythm percentages, your current dose, weight and quality of life.

4- Manage "artificial adrenals"

The pump truly puts adrenal patients in control of their cortisol distribution in a way that steroid pills cannot. In situations of physical or emotional stress where "updosing" is needed, the pump can immediately administer a BOLUS, which is extra cortisol administered through the pump canula at the amount you select. Instead of having to wait 30 minutes for pills to metabolize, the cortisol can be absorbed faster and can help prevent adrenal crisis.