

HPA-D or Adrenal Fatigue Action Steps

1. Use the PDF generator to create the What is HPA Axis Dysregulation handout with your clinic's branding so that you can share it with your patients.
2. Use what you learned this week to discuss why the simple adrenal fatigue three-stage model is not supported by the current scientific evidence with a patient, a colleague, a friend, or a family member.
3. We learned this week that free cortisol is not the best marker for overall cortisol production. Explain why this is to a patient, a colleague, a friend, or a family member.
4. We discussed this week that saliva cortisol testing often returns falsely low values, especially in the morning because the timing of the morning sample is so critical due to the cortisol awakening response. Practice explaining this concept to a patient, a colleague, a friend, or a family member.