

# Nursing Mnemonics and Acronyms: Endocrine System

## Pheochromocytoma (rule of 10's)

## Insulinoma (rule of 10's)

**10%** extra-abdominal  
**10%** malignant  
**10%** bilateral  
**10%** in children  
**BUT 30%** genetic/syndromic!

**10%** are part of MEN1 syndrome  
**10%** are multiple  
**10%** are malignant  
**10%** contain ectopic pancreatic tissue



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## Symptoms of hyperthyroidism (**SWEATING**)

Sweating  
Weight loss  
Emotional lability  
Appetite increased  
Tremor/ Tachycardia  
Intolerance of heat/ Irregular menstruation/  
Irritability  
Nervousness  
Goitre and GI problems (diarrhoea)



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## Causes of adrenal insufficiency (**ADDISON**)

Autoimmune (Addison's disease)  
Degenerative (amyloidosis)  
Drugs (e.g. ketoconazole)  
Infections (e.g. TB, HIV)  
Secondary (hypopituitarism)  
Others (adrenal bleeding)  
Neoplasia



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## Symptoms of hypothyroidism — tends to occur in middle aged women (**MOM'S SO TIRED**)

Memory loss  
Obesity  
Malar flush/ Menorrhagia  
Slowness (mentally and physically)  
Skin and hair dryness  
Onset gradual  
Tiredness  
Intolerance to cold  
Raised BP  
Energy levels fall  
Depression/ Delayed relaxation of reflexes



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# Memory Not Nursing For Endocrine

**S Ben Porath**



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