

Cyclical Cushing's Syndrome: A Diagnostic Dilemma

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Cyclical Cushing's syndrome is a rare disorder with an unknown pathophysiology. It is defined by fluctuating episodes of hypercortisolism and normal cortisol levels. Due to the variable course of the disease, diagnosing cyclical Cushing's syndrome is a common dilemma encountered in clinical practice.

A thirty-five-year-old Bahraini female presented with symptoms of exponential weight gain, hirsutism and irregular menses indicating polycystic ovarian syndrome (PCOS). The initial cortisol level was normal; however, during follow-up, lab investigations revealed fluctuating cortisol levels with prolactinemia. MRI pituitary revealed left lobe pituitary microadenoma. Various expertise input was required to achieve a diagnosis. The patient opted to seek further medical opinion in a specialized center for surgical intervention.