



Given the direct influence of the HPA axis on the HPT axis, adrenal function should always be evaluated when assessing thyroid function.

Major points:

- Excess CRH inhibits TSH.
- Excess glucocorticoids (e.g. cortisol) inhibit conversion of the less active T4 to the more active T3.
- Excess high cortisol can result in high output of rT3 which inhibits T3.

Common Acronyms:

HPA Axis = Hypothalamic Pituitary Adrenal Axis **HPT Axis:** Hypothalamic Pituitary Thyroid Axis
CRH = Corticotrophic Releasing Hormone **ACTH** = Adrenocorticotrophic Hormone
TRH = Thyroid Releasing Hormone **TSH** = Thyroid Stimulating Hormone **rT3** = Reverse T3

Thyrotropin