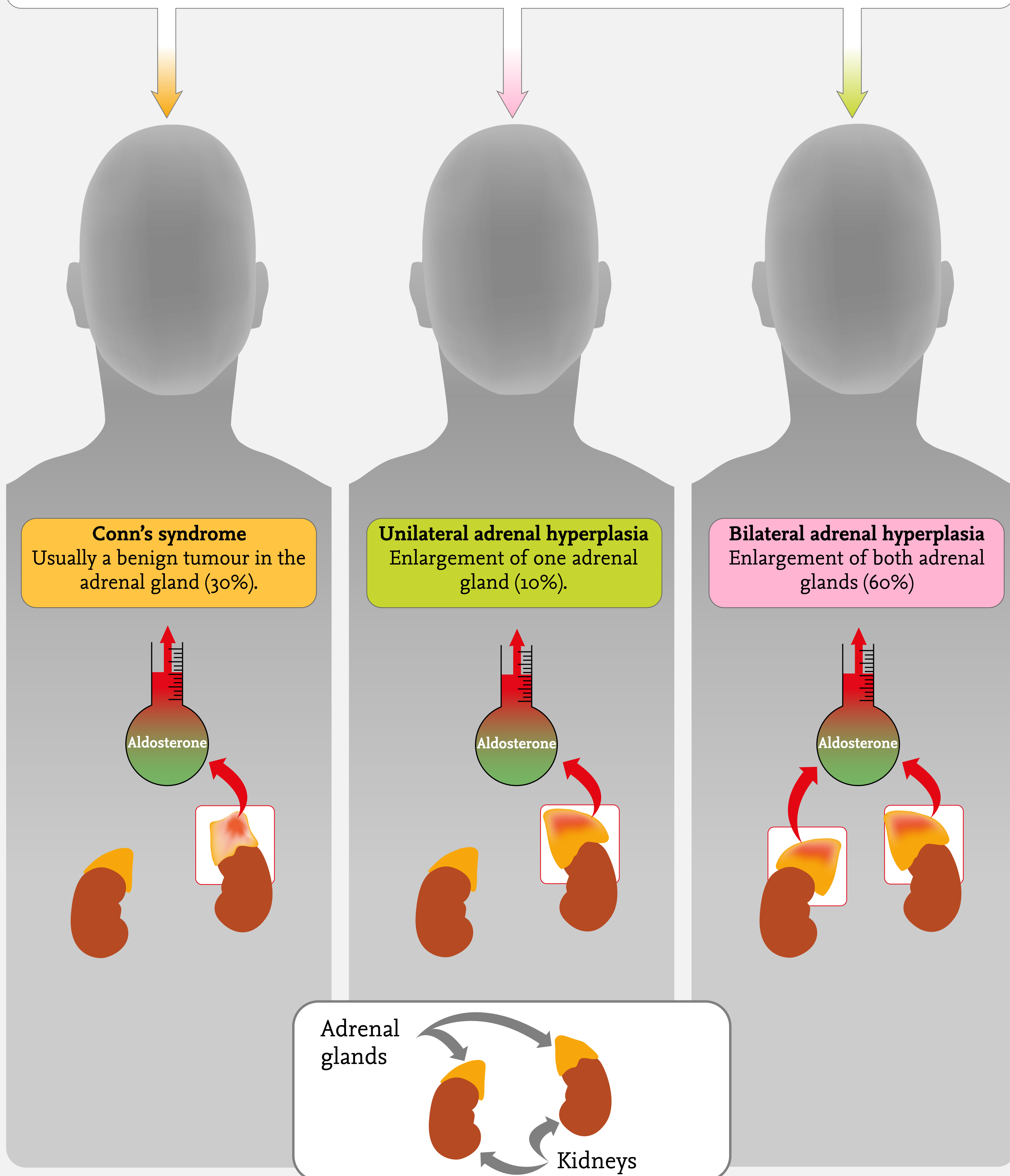


What is primary hyperaldosteronism?

In primary hyperaldosteronism, too much of the hormone aldosterone is produced in one or both adrenal glands.

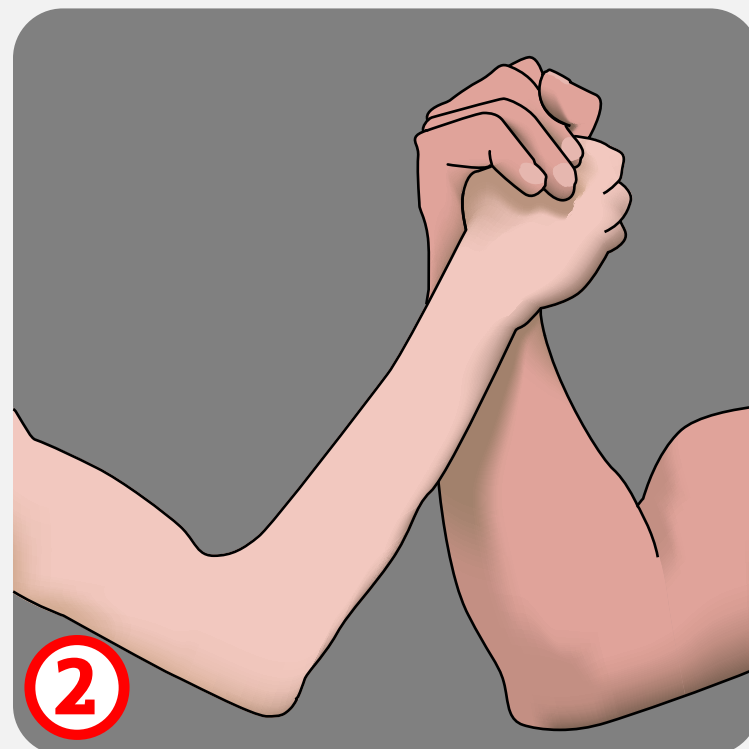
There are three forms of primary hyperaldosteronism



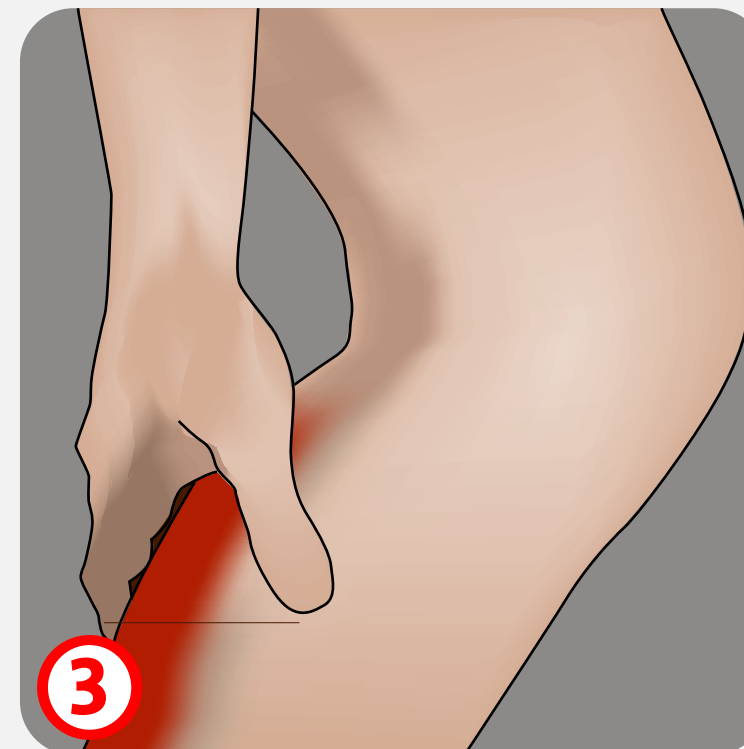
What are the consequences of primary hyperaldosteronism?



1 High blood pressure.



2 Weakness.



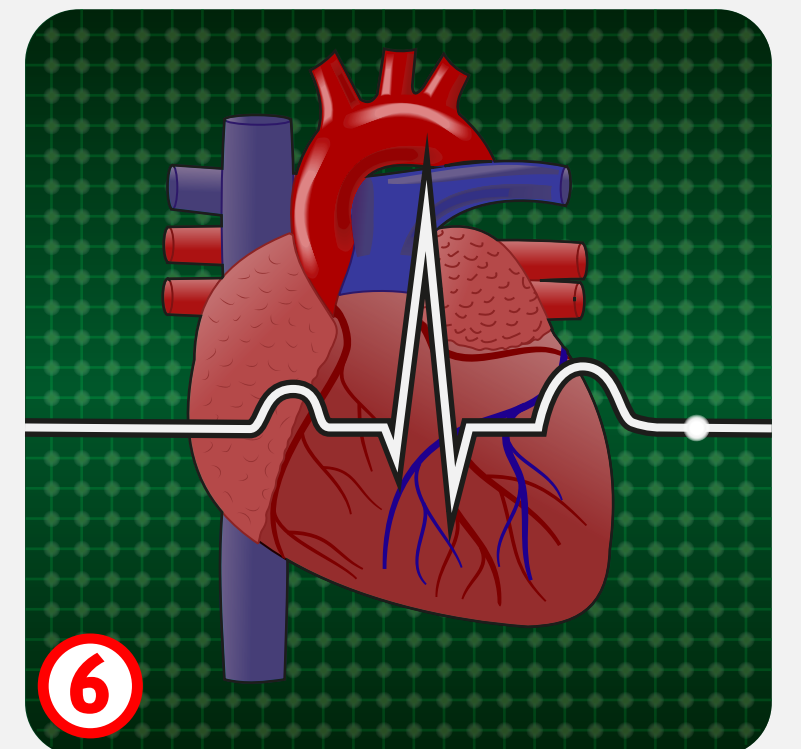
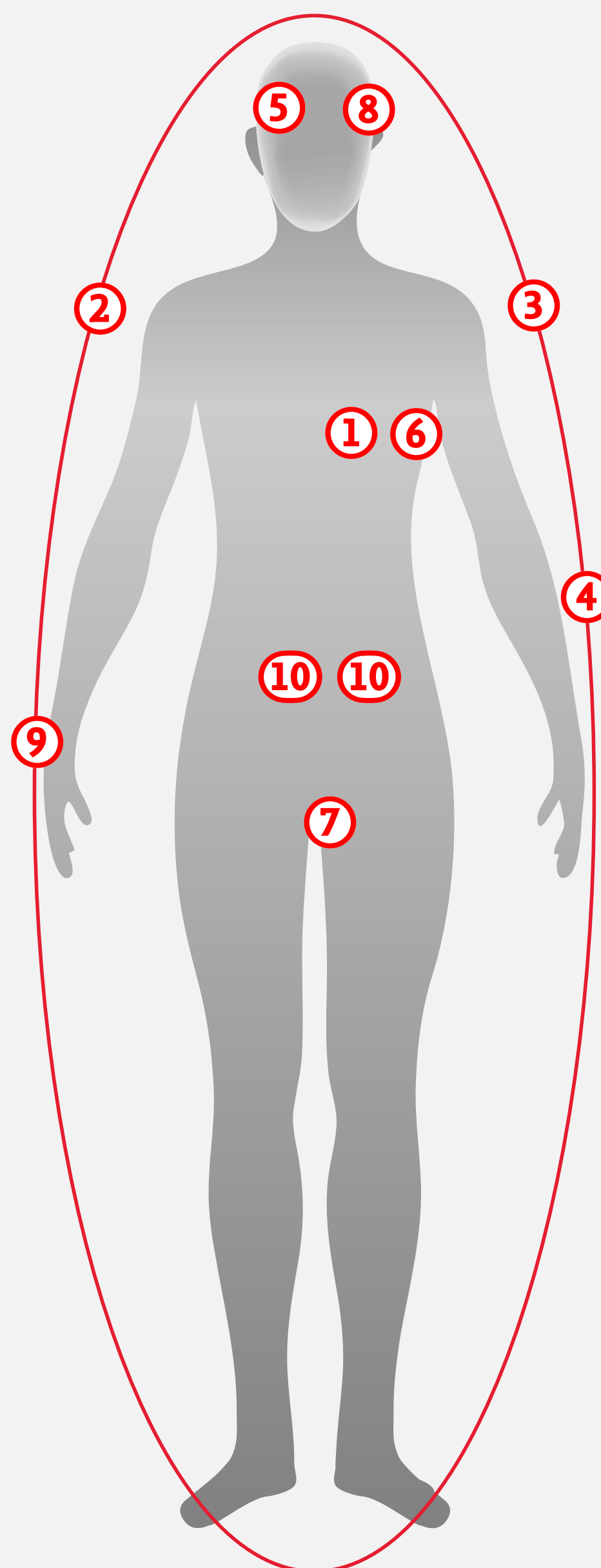
3 Muscle cramps.



4 Tiredness, lack of energy.



5 Headache.



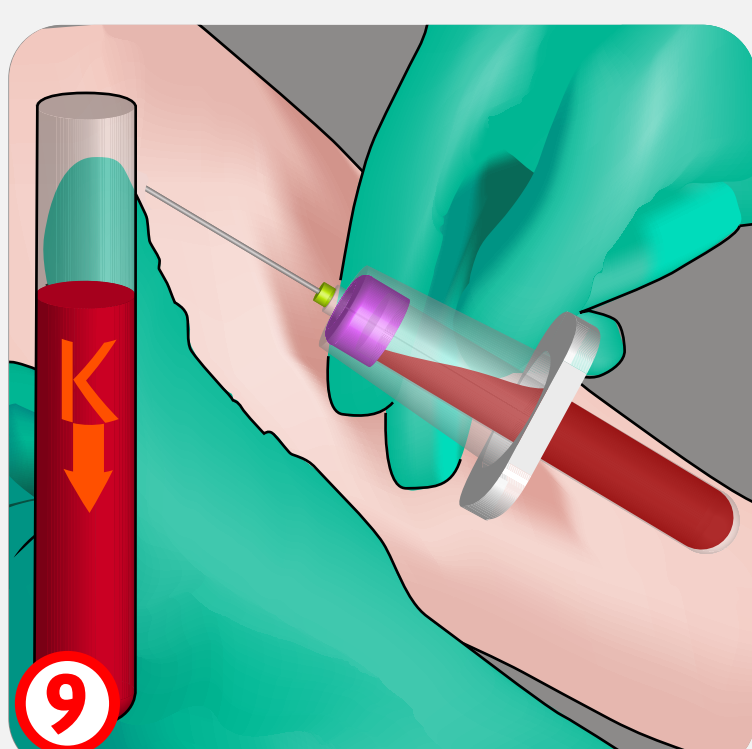
6 Heart palpitations.



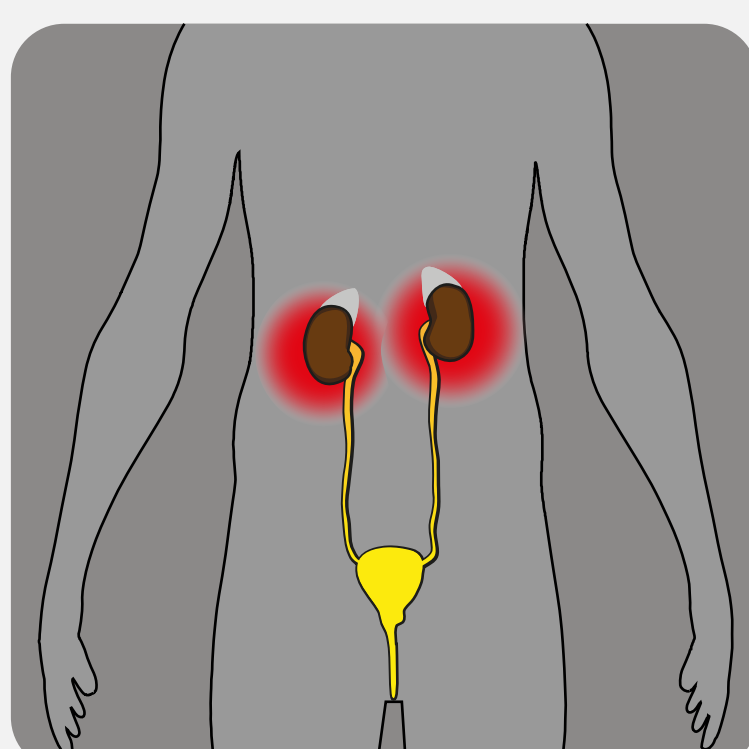
7 Frequent urination, also at night.



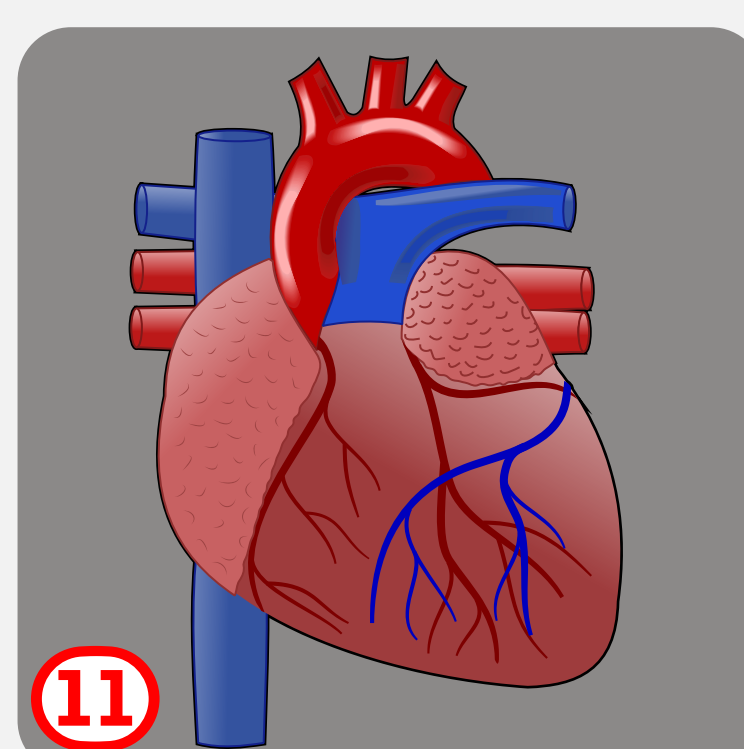
8 Memory, concentration and attention problems.



9 Sometimes low potassium salt in the blood.



10 Sometimes reduced kidney function.



11 Sometimes problems with the heart and blood vessels.

How is primary hyperaldosteronism diagnosed?

Symptoms

- ▶ High blood pressure
- ▶ Headache
- ▶ Low potassium level
- ▶ Muscle complaints
- ▶ Tiredness

[SEE CONSEQUENCES OF
PRIMARY
HYPERALDOSTERONISM](#)

Family doctor

No primary hyperaldosteronism

Possible primary hyperaldosteronism

Hospital outpatients' clinic

- 1 Intake appointment.
- ▶ *history of symptoms*
 - ▶ *medication use*
 - ▶ *physical examination*

- 2 Possible tests to identify hyperaldosteronism.
- ▶ *aldosterone, renin (blood tests)*
 - ▶ *saline infusion test*

- 3 Possible tests after hyperaldosteronism is identified.
- ▶ *CT scan of the adrenal glands*
 - ▶ *Adrenal venous sampling*

Medical specialist
(internal medicine specialist, endocrinologist, vascular specialist)

1

2

If primary hyperaldosteronism is not identified, another cause of the complaints will be looked for. If there are no particular observations, a referral back to the family doctor will follow.

Further examination will follow.

3

Tests positive

Treat the cause

Tests negative

Primary hyperaldosteronism is not identified.

If in doubt, test again.

How is primary hyperaldosteronism treated?

