

ADRENAL HAEMORRHAGE

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Definition Adrenal haemorrhage is a serious condition that can result in adrenal insufficiency, shock, acute adrenal crisis and mortality if not managed with adequate treatment. The adrenal glands are, per weight of tissue, one of the most vascular tissues in the body. A number of factors predispose to haemorrhage, including infection (sepsis), myocardial infarction, anticoagulants, trauma, surgery and antiphospholipid syndrome. Clinical presentation can vary from non-specific abdominal pain to adrenal insufficiency or hypovolaemic shock. Investigation CT scanning is the most common way to diagnose the condition (Figure 57.9a). - Management Most adrenal bleeds are successfully managed conservatively. Anticoagulation therapy should be stopped temporarily. Rarely, interventional radiology may be necessary to staunch the bleed (Figure 57.9b). In cases of bilateral haemorrhage, the possibility of adrenal insufficiency should be considered. - -

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