

# Effect of steroids on blood sugar levels and risk of heart disease in pituitary patients

ACTRN12612000234819

---

**Status** RECRUITING  
**Sponsor** Dr Morton Burt  
**Enrollment** 20 participants

## Plain Language Summary

---

This study is looking at whether higher doses of steroid (hydrocortisone) replacement therapy in patients with pituitary gland problems increase the risk of heart disease and affect blood sugar levels. Many people with pituitary disorders need to take steroids every day as replacement therapy because their body does not produce enough. This study will measure heart function and blood sugar markers to help doctors find the safest dose.

You may be eligible if:

- You are 20 years of age or older
- You take hydrocortisone at a dose of 20 mg per day or less (or an equivalent dose of another steroid)
- You have been taking glucocorticoid (steroid) replacement for at least 6 months

You may NOT be eligible if:

- You have atrial fibrillation (an irregular heart rhythm)
- You take beta-blocker medications
- You have Raynaud's phenomenon
- You are unable to provide written informed consent
- You are currently being treated for diabetes

Talk to your doctor about whether this trial might be right for you.

## Key Eligibility Criteria

---

### Inclusion (3)

- Hydrocortisone less than or equal to 20mg per day (or other glucocorticoid at equivalent dose)
- GC use for at least 6 months
- Age greater than or equal to 20 years

### Exclusion (5)

- Atrial fibrillation
- Beta blocker medication
- Raynaud's phenomenon
- Inability to provide written informed consent
- On treatment for diabetes

## Locations (1 total)

---

Australia

---

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12612000234819>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at anzctr.org.au. Generated by ClinicalTrialsFinder.org.