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