



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