

# Relationship of Adrenal Exhaustion to Edema

- Balance of H<sub>2</sub>O in cells maintained by K<sup>+</sup> (inside) and Na<sup>+</sup> (outside)
- Na<sup>+</sup>/K<sup>+</sup> balance maintained by Aldosterone
- Aldosterone causes kidneys to recapture Na<sup>+</sup> from urine and eliminate K<sup>+</sup> through urine
- Weak adrenals = ↓ Aldosterone
- Na<sup>+</sup> & H<sub>2</sub>O spill out into urine; K<sup>+</sup> held by cells
- K<sup>+</sup> level in cells ↑ - interferes with proper nerve & muscle function
- ↑ H<sub>2</sub>O into cells to dilute K<sup>+</sup>
- Cells swell - EDEMA
- Diuretics inhibit Aldosterone - dehydration - ADRENAL EXHAUSTION