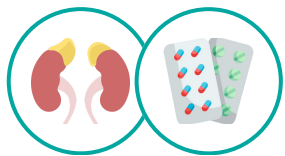


Treating Primary aldosteronism

What treatment is available?

You may be treated with medication or surgery. The best treatment for you will depend on what type of primary aldosteronism you have.

Bilateral primary aldosteronism is when **both adrenal glands make too much aldosterone**. It is the most common type of primary aldosteronism.



Bilateral primary aldosteronism is treated with medication.

Medication can stop aldosterone from harming your organs. There are currently two medications your doctor can prescribe:

Spironolactone

This is the most common treatment for primary aldosteronism.

Eplerenone

This has less side effects but is much more expensive.

Your doctors will:

- talk to you about the medications and any side effects
- monitor your blood pressure
- monitor your side effects.

Your doctors might increase your dose of medication. They might also need to give you more than one type of medication.



How quickly will you see results from the medication?

- The medication will start to reduce your blood pressure after a few weeks.
- The dose of the medication may be gradually increased, depending on your blood pressure and blood tests
- It might take 6 – 12 months to see the full effects.
- You will need to take medication for the rest of your life.
- You will also need to see your doctor at least once a year so they can monitor you.

Warning: Speak to your doctors if you have any problems with your medication. If you stop taking your medication suddenly it can cause high blood pressure. This increases your risk of heart attack, stroke and kidney disease.



Unilateral primary aldosteronism is treated with surgery.

Unilateral primary aldosteronism is where one adrenal gland makes too much aldosterone. This is sometimes called “Conn Syndrome”.

Surgery is the best treatment when you have this type of primary aldosteronism.

The adrenal gland that is making too much aldosterone is removed by laparoscopic (keyhole) surgery.

Laparoscopic surgery leaves smaller scars, and your recovery time is quicker than open surgery. The surgery takes 2 – 4 hours. You will stay overnight in the hospital.



How quickly will you see results from the surgery?

Three months after the surgery you will have blood tests to see if your primary aldosteronism is cured.

You may still need to take some blood pressure medication. You will probably need less medication than you were taking before the surgery.

You will need to have regular visits to your doctor to check your blood pressure and medication.

You will need to have blood tests once a year to make sure the disease does not come back.