

2nd Edition of International Summit on **Diabetes, Endocrinology and Metabolic Disorders** July 21-22, 2026 | Vienna, Austria



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A Diagnostic Challenge: Disseminated Histoplasmosis Presenting as Adrenal Insufficiency and Recurrent Hypoglycemia in a Diabetic Patient

Background

Adrenal insufficiency can complicate the management of pre-existing Diabetes Mellitus, often manifesting through unexplained recurrent hypoglycemia. While autoimmune etiology is common, infectious causes like disseminated histoplasmosis must be considered in endemic regions.

Case Description

A 46-year-old male with a 10-year history of Type 2 Diabetes presented with a two-month history of weight loss, progressive weakness, and recurrent altered consciousness associated with hypoglycemia. Despite discontinuing anti-diabetic medications, he continued to experience symptomatic hypoglycemic attacks (capillary blood glucose 2.3 mmol/L). Investigations revealed postural hypotension, hyponatremia (120 mmol/L), and low morning serum cortisol (4.2 mcg/dL). Imaging identified bilateral lobulated adrenal masses, and USG-guided FNAC confirmed disseminated histoplasmosis by showing budding yeasts within histiocytes.

Discussion

This case highlights the clinical paradox of a diabetic patient presenting with frequent hypoglycemia due to bilateral adrenal destruction by *Histoplasma capsulatum*. Adrenal involvement is a classic feature of disseminated histoplasmosis that can be overlooked in diabetic patients where hypoglycemia is often misattributed to medication.

Conclusion

Clinicians should maintain a high index of suspicion for adrenal insufficiency in diabetic patients with frequent, unexplained hypoglycemia and postural hypotension, particularly when imaging reveals adrenal masses.



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Biography

Dr. Mohammad Anwarul Bari is a distinguished medical professional serving as an Associate Professor in the Department of Medicine at Sir Salimullah Medical College, Dhaka. With a robust background in clinical medicine, he has contributed significantly to medical literature, having published numerous research articles and complex case studies in both national and prestigious international journals. His academic work focuses on diagnostic challenges in metabolic disorders and infectious diseases. Dr. Bari is a dedicated educator involved in training postgraduate residents and is committed to advancing evidence-based clinical practices through active research and international collaboration in the field of endocrinology