

*THE CANADIAN ADDISON
SOCIETY*

Addison's disease is a rare disorder of the adrenal glands that affects about 2 to 4 in 100,000 people. It can occur in all age groups and can affect men, women and children, but is more common in women. Without proper treatment, it is fatal.



The Canadian Addison Society is a non-profit organization for persons with Addison's disease and their families. There are several local support groups across Canada including Ottawa and Brantford Ontario; Meadow Lake, Saskatchewan; Edmonton, Alberta; Vancouver, Victoria and Nanaimo, British Columbia.

An annual membership fee of \$25.00 includes information regarding this rare disease, a quarterly newsletter, contact with other Canadian Addisonians and information about upcoming meetings.

If you want more information about our organization, our support groups, or just a complimentary information package about Addison's disease, please feel free to contact us at the address below.

THE CANADIAN ADDISON SOCIETY

193 Elgin Avenue West
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Phone: 888-550-5582
Email: liaisonsecretary@addisonsociety.ca
Website: addisonsociety.ca



**HAVE YOU BEEN
DIAGNOSED
WITH
ADDISON'S
DISEASE?**

**WE CAN HELP!!
WE OFFER
SUPPORT AND
INFORMATION**

CALL
WRITE OR
EMAIL

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Symptoms of Addison's Disease

- Chronic fatigue and muscle weakness
- Bronzing discoloration of the skin
- Craving for salt or salty foods
- Loss of weight
- Loss of appetite
- Nausea with vomiting
- Low blood pressure
- Abdominal discomfort
- Diarrhea or constipation
- Dizziness especially on standing
- Fainting
- Irritability and depression
- Mental Confusion

Causes

Addison's disease is caused mainly by an autoimmune reaction of your body (formerly a large percentage of Addison's disease was caused by tuberculosis), trauma with hemorrhage into the adrenals and surgery. Fungus infections as well as carcinoma can also be the cause.

Treatment

Addison's disease is treated by daily replacing the main hormones the adrenal glands produces with similar synthetic steroids such as Hydrocortisone and also Florinef if needed. If through illness or injury an Addisonian cannot take his or her medication, they must seek immediate medical treatment. Failure to do so could result in an Addisonian Crisis which is a life threatening situation. Any extra stressful condition placed on the body, such as surgery, other illness or even pregnancy, needs to be followed very carefully by a specialist.

Autoimmune Addison's disease, the most common type can often be associated with other autoimmune diseases, the most common is with

the thyroid gland. This combination is called Schmidt's Syndrome.

Less commonly associated autoimmune diseases include diabetes mellitus, insufficiencies of the parathyroid glands, ovaries or gonads and pernicious anemia.

There is no cure for Addison's disease, but with proper daily replacement medications and regular monitoring by a specialist, Addisonians can live a relatively normal lifestyle.

A person with Addison's disease should always carry his/her medical identification card and wear a Medic Alert bracelet in case of injury or an Addisonian Crisis.

