

Addison's disease is a rare disorder of the adrenal glands that affects about 6-11 in 10,000 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
Goderich ON N7A 2E7

Telephone: 1-888-550-5582
Email: liaisonsecretary@addisonsociety.ca
Web Site: www.addisonsociety.ca

THE CANADIAN ADDISON
SOCIETY



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, bronze discoloration of the skin, craving for salt or salty foods
- Loss of appetite, nausea and vomiting, abdominal discomfort, weight loss
- Low blood pressure, dizziness on standing, fainting
- Mental confusion and irritability

Causes

The most common cause of Addison's disease is an autoimmune process that results in the body's production of antibodies that destroy the adrenal cells. These adrenal cells are responsible for the production of adrenal hormones. This destruction can also be caused by tuberculosis, fungal infections or hemorrhage.

Treatment

Addison's disease is treated by replacing the missing adrenal hormones with hydrocortisone (cortisol) and in most cases, Fludrocortisone acetate (Florinef). These are oral medications which must be taken daily and in cases of illness or injury, larger doses are required. Stressful situations, such as surgery or more severe medical illness, require emergency management.

Autoimmune Addison's disease can frequently be associated with other au-

toimmune diseases. Thyroid disease is the most common, occurring in 50% of cases. Less commonly associated diseases include diabetes mellitus, gonadal failure (ovaries), colitis, underactive parathyroid glands and pernicious anaemia.

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.