Raising awareness of Addison's disease and supplying a caring network for members and their families



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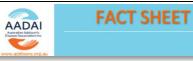
# **BENEFITS OF MEMBERSHIP**

When you join the Australian Addison's Disease Association Inc you will receive an **Emergency Kit** that includes an Emergency treatment letter, a wallet card, Personal and Medical Information form, Adrenal Crisis information as well as Emergency Injection instructions, an ESA Sick Day Management Plan and other useful documents. This information is presented in a plastic ziplock bag.



#### You will have access to resources on the AADAI website. These include:

# **AADAI FACT SHEETS**



- 10 Point Checklist for Newly Diagnosed Patients
- Adrenal Crisis: Be Aware of the Symptoms and React Quickly
- General Guidelines for Stress Dosing and Sick Day Management
- Healthy Eating with Addison's Disease/Adrenal Insufficiency
- How to Give Yourself an Emergency Injection of Solu-Cortef<sup>®</sup>
- Living Alone with Addison's/Adrenal Insufficiency
- Medication Requirements for Surgical Procedures
- Medications for Addison's Disease and Adrenal Insufficiency
- Personal and Medical Information form
- Solu-Cortef® Injection Instructions
- Travel Tips
- What to Write on Your Medical Identification Bracelet / Necklace

#### **RESOURCES FOR SCHOOL STUDENTS**

- School Medical Action Plan
- Useful Australian Public School Education Department Website Links
- When a Student at Your School Has Addison's Disease or Adrenal Insufficiency



# **INFORMATION AND ADVICE**

Advice regarding COVID-19	Emergency Treatment information	
Addison's Disease and Adrenal Insufficiency	Endocrine Society of Australia (ESA)	
Diagnosis and Treatment	Fact Sheets	
What to do or what to ask for as a	Mental Health and well-being support services	
patient (Prof Eastman)	including RaREST digital resources	

### **AADAI VIDEOS**

AADAI	THEME	PRESENTER	ΤΟΡΙϹ
<b>National Seminar</b> May 2021	Connecting	Session 1 AADAI committee	Meet the Association – What we do
		Session 2 Dr Venessa Tsang	What's new (and old) in Addison's
		Session 3 Professor Cres Eastman	Adrenal and thyroid disorders
Queensland Group October 2021	Salt and Water Balance	Dr Michael Lew	
<b>National Seminar</b> May 2022	Taking Control	A/Prof Warrick Inder	The differences between medications; future treatments
	Tips on Advocacy	Kim Congram	Advocating for yourself in the workplace and community
National Meeting August 2022	Osteoporosis and adrenal insufficiency	Professor Mark Cooper	
National Meeting March 2023	Addison's Disease, Diabetes and More	Professor Geoff Nicholson	
<b>National Seminar</b> May, 2023		Session 1 Dr Angela Chen	Adrenal insufficiency research roundup
	Know Act Control	Session 2 Know your AADAI Emergency Kit	
		Session 3 Discussions	
<b>National Seminar</b> May, 2024	Living your best – with adrenal	Session 1 Prof Jerry Greenfield	Prevention and Treatment of Steroid Induced Endocrine Complications
	insufficiency	Session 2 Dr Annabel Clancy	Heathy Eating for Adrenal Insufficiency

## **PLUS**

- 4 newsletters a year
- Regional group catchups online or in person
- Access to a support line and email for enquiries
- Up to date information and news via our social media platforms on



Facebook Australian Addison's Disease Inc and

Instagram ausaddisonsdiseaseasso