



## What to write on your medical identification bracelet / necklace

The Australian Addison's Disease Association Inc. recommends wearing some form of medical ID, although the decision to do so is up to you.

Should you decide to do so, here are some tips to consider:

### What to write on your medical ID bracelet / necklace?

The key issue is to provide paramedics, medical staff and anyone else who may be involved in your care with clear and precise information about your condition and immediate needs.



There is debate over the best wording of our condition. Some doctors suggest "Addison's Disease". Others suggest "Adrenal Insufficiency - Give Cortisone". The latter option is more medically descriptive and will hopefully communicate to most medical staff the urgency of your needs in an emergency. The words "Addison's Disease" might not "ring any bells", but the mention of "Adrenal Insufficiency" and the need for cortisone should flash warning lights to even a first-year medicine or nursing student.

### Which style of medical ID bracelet / necklace to choose?

Whichever one you choose, keep in mind that the purpose of wearing a medical ID bracelet or necklace is for it to be recognised as such by emergency personnel. In other words: do not select the style or type of medical ID that looks like "real" jewellery.

### Tattoos

Medical officers and paramedics have reported that they are not alerted to a tattoo that highlights a patient's medical condition. Medical alert ID bracelets or necklaces remain the most sensible option.

### Where can you get a medical alert bracelet / necklace?

There are several companies offering medical ID bracelets and necklaces online, others are available in pharmacies. Costs and services may vary.

MedicAlert Foundation:	<a href="https://www.medicalert.org.au">https://www.medicalert.org.au</a>	1800 882 222
Mediband:	<a href="https://www.mediband.com/au">https://www.mediband.com/au</a>	1300 796 401
Universal Medical ID:	<a href="https://australia.universalmedicalid.com">https://australia.universalmedicalid.com</a>	1800 762 328