



## AADAI: 30 Years Strong

During the past 30 years, the Australian Addison's Disease Association Inc has been dedicated to supporting our members living with adrenal insufficiency.

We focus on advocacy, raising awareness, providing education, and offering a strong support network, as well as staying up to date with the latest research around living with adrenal insufficiency.

As we look to the next 30 years, we are committed to continuing this important service, improving the lives of our members.

We will keep advocating and educating, aiming to ensure more people especially doctors and healthcare professionals understand adrenal insufficiency. This will help our members to get diagnosed quickly and receive the very best possible care.

We continue supporting our members, helping us connect with one another, realising we are not living with this alone, and we will collaborate with global support groups all aiming to enhance the lives of our members living with adrenal insufficiency. We are also excited about ongoing

research on adrenal insufficiency.

Some of the most promising developments we are following include a single injection that works like an EpiPen, which could make emergency injections so much easier. *(Continued page two)*

### In this edition...

- Making headlines: Addison's in the news
- Latest Association and member news
- Recent member catch-ups
- Your invitation to upcoming events
- AADAI's 30th anniversary
- Meet Kathy Hawkins
- Travelling with adrenal insufficiency

# President's Message

## 30 years since our Association began over a coffee catch-up

This newsletter celebrates the 30th anniversary of the very beginnings of our Addison's Disease Association, founded by three incredible women who met by chance in Coffs Harbour in March 1995. Noreen Secomb, Marie Moffitt and Yvonne Klepzig (nee Doherty) all gathered for coffee and a conversation about living with Addison's, which led to the creation of our association in 1998. Members then quickly joined from all across the country.

Many members have shared tributes in memory of Noreen, praising her strong leadership and compassionate invaluable support for the newly diagnosed. This caring tradition continues today as her legacy. We appreciate everyone who contributed their thoughts, some comments are reflected in this newsletter and all are kept in our records.

### Advocacy and Achievements

During the past 30 years, our advocacy efforts have led to steady improvements in the care of our members living with adrenal insufficiency. However, there is still much work to be done, especially in improving care upon arrival in Emergency Departments and in addressing diagnostic challenges.

We are so proud of our accomplishments,

- An informative website and an active social media presence again.
- Annual online seminars for members. Information



kits sent to new members. Coffee catch-ups in various locations

- Educational events and Solu Cortef training sessions in capital cities
- Involvement with the International Adrenal Consortium.

These achievements are significant for our small association run by a volunteer committee, all who live with adrenal conditions. A very special thanks to the Executive Officers and Committee for their dedication. We recently held a Planning Day to outline goals for 2025, led by Di Carlen.

### Upcoming Events:

- The Endocrine Society of Australia conference takes place 4-6 April in Melbourne. On Saturday 5 April, the ESA is sponsoring a Solu Cortef injection demonstration in Melbourne.
- An education and injection training session will be held in Adelaide Saturday, 3 May at the Royal Adelaide Hospital (page 6).
- [Save the date for our Annual seminar via Zoom on Saturday 24 May.](#) Details will be sent out via email and online, it is always an informative occasion.

### Special Thanks

I would like to express my heartfelt thanks to all contributors to this newsletter and everyone who has played their part in supporting AADA over the years, allowing us to celebrate our wonderful past and embrace our promising future.

*Bronwyn Monro*

## Looking forward *(continued from page 1)*

We are excited about Efmody, a slow-release cortisone tablet currently approved in the UK for congenital adrenal hyperplasia. It provides 24-hour cortisol coverage with just two doses a day, one in the morning and one at night and importantly a pre-waking peak that mirrors the natural circadian rhythm of cortisol. There is ongoing research into 'U-Rhythm,' a wearable device that measures cortisol and other hormones over a 24-hour period.

Australian Addison's Disease Association Inc is run by volunteers, and we are always looking for new members to join our committee and share your skills. With your support we can continue making a positive difference in all our lives. Looking ahead we are hopeful the next 30 years will bring even more effective and easier ways to live with and manage adrenal insufficiency. We are confident this exciting research will make a real and positive impact on the lives of all our members.

*Bronwyn Monro*

**Disclaimer:** The material in this newsletter offers information as unbiased "information only" and is not intended to be complete. The authors of most information in this newsletter do not practice medicine; they are members of a support group. The intention is only to

# Making Headlines: Addison's in the news

## DHEAS may serve as biomarker for diagnosing AI



**FEBRUARY 2025:** The use of dehydroepiandrosterone sulfate (DHEAS) to determine an adrenal insufficiency diagnosis has similar accuracy to using baseline cortisol level, according to findings published in *The Journal of Clinical Endocrinology & Metabolism*.

“Currently, adrenal insufficiency is underdiagnosed and undertreated due to its vague symptomatology, which can lead to impaired quality of life and worse health outcomes, including life-threatening complications such as adrenal crisis,” Irina Bancos, MD, MSc, professor of medicine and adrenal lab principal investigator in the division of endocrinology, metabolism and nutrition at Mayo Clinic.

“Baseline cortisol level alone is indeterminate due to short half-life and diurnal variation for many patients; and current dynamic tests are time-consuming, expensive and not available at all centres. Identifying a biomarker such as dehydroepi-

androsterone sulfate (DHEAS) that is a simple lab draw, does not have diurnal variation, and accurately assesses for adrenal insufficiency can help streamline the diagnostic process.”

“DHEAS should be routinely measured along with baseline cortisol as this can prevent the need for further dynamic testing in many patients,” Bancos said.

Two populations where DHEAS levels should be interpreted with caution in diagnosing adrenal insufficiency are adults who recently used glucocorticoids and postmenopausal women, and more research is needed to find additional biomarkers for those populations, according to Bancos.

<https://www.healio.com/news/endocrinology/20250206/dheas-may-serve-as-biomarker-for-diagnosing-adrenal-insufficiency>

## Magic Mouthwash rare cause of secondary AI

**DECEMBER 2024:** Magic mouthwash is increasingly prescribed for the treatment of recurrent aphthous ulcers and oral mucositis related to autoimmune diseases or cancer treatments. It contains various ingredients, which may include high potency corticosteroids.

According to a recent clinical case, the systemic absorption of corticosteroids from mouthwashes is a risk, especially if erosive oral lesions are present. This can lead to iatrogenic Cushing syndrome and secondary adrenal insufficiency.

Testing and endocrine review is recommended for patients who exhibit cushingoid features while using steroid mouthwash or who show symptoms of adrenal insufficiency upon discontinuation.

A 76-year-old female patient was urgently referred to the endocrine clinic for suppressed morning serum cortisol levels. She also reported fatigue, limb bruising, hair thinning, mood irritability and 3–4 kg weight loss over the past year. She had been using “magic mouthwash”, a compounded mouthwash prescribed by her oral medicine specialist which included a potent topical corticosteroid.

Examination revealed signs of Cushing syndrome, including facial swelling, skin thinning, proximal muscle weakness, and bruising. Her oral cavity showed mild erythema and reticular white striae involving the buccal mucosae and ventral tongue, with no ulcerations or erosions. Laboratory tests confirmed secondary adrenal insufficiency.

<https://www.mja.com.au/journal/2024/221/11/beware-rinse-magic-mouthwash-rare-cause-iatrogenic-cushing-syndrome-and>



# Member news



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## Let's make April 7th a day to remember every year!

Get ready for an exciting global movement on April 7th, 2025, as the International Adrenal Consortium (IAC) proudly launches the first-ever International Adrenal Disease Awareness Day!

This day marks a monumental step in uniting the world to raise awareness, promote education, and drive support for individuals affected by adrenal diseases.

With the backing of organisations across Europe, North and South America, and Australia, our collective mission is to break the silence surrounding these often-misunderstood conditions.

Misdiagnosis and delayed treatment are still too common, and every death from adrenal insufficiency is an unnecessary death and together, we can change that!

Join us in this global effort by sharing information on social media, and showing your support. Let's make April 7th a day to remember, as we bring the international community together to create change for adrenal disease awareness!

## Reminder: when paying membership fees or donating

AADAI has changed to the Bendigo Bank. Please ensure you update any saved accounts in your internet banking to reflect the new account when paying your membership or making a donation.

Account Name: Australian Addisons Disease Association Incorporated:

Bendigo Bank — BSB: 633 000 — Account Number: 218 784 932

# Member News

## Sydney catch-up

Our recent catch-up at Gladesville on 1 February 2025 was a great success, with 14 attendees joining in for a morning of lively conversation and sharing tips.

It was wonderful to see such a good roll-up and to hear everyone exchanging ideas and experiences.

The atmosphere was filled with lots of chatter and enthusiasm, making it a memorable event for all.

Our next catch-up will be held at Cowell Cafe on Saturday 17 May at 10am. We look forward to seeing you there for another round of engaging discussions and sharing.

If you are in Sydney and can't make it to Gladesville or can't do Saturday mornings, please provide a suggestion, we can be flexible and are happy to try alternative venues and times.

*Laura McMEnamin*



## Newcastle Note

There is a small group of people who want to meet up with others in the New Lambton area.

Watch for details later in the year!

Julie and Trevor Berthold are the contacts.

## A Yarra Walk

On a lovely Saturday morning in January a group of Victorian Addisonians met in Melbourne for a 4km walk along the Yarra River.

We sometimes meet for a catch up over coffee but thought a walk and chat would be a nice alternative (and we still had a coffee!).

I found hearing stories, including tips of what we are all doing to stay fit and look after ourselves, was really rewarding and a great way to connect with others.

Quite a few members couldn't make it on the day, but it was such a nice event that we will repeat it.

Thanks Alison Talbot for the suggestion and helping to organise it.

*Dianna Carlen*

## AADAI's Immunotherapy-Induced Adrenal Insufficiency Group

Did you know?

Adrenal insufficiency can result from over 60 known causes, including autoimmune diseases, genetic mutations, pituitary dysfunction, surgical interventions, steroid treatments, and immunotherapies.

This condition affects approximately 1 in 3,300 individuals, with the global prevalence currently estimated at over 144 million people and rising. The number of immunotherapy induced adrenal insufficiency patients is increasing as the treatment is extended beyond melanoma cancers.

To cater to the special needs of this group, we are trying to catch-up with regular online meetings and a WhatsApp chat group. We are liaising with Melanoma Patients Australia to make sure patients who acquire adrenal insufficiency as a side effect of treatment know how AADAI can help them with their sudden extra health condition!

The most recent online meeting was 2 March 2025. The next Zoom meeting is at 3.30pm on Sunday 13 April 2025.

If you would like to be part of this support group with immunotherapy induced adrenal insufficiency, please let me know at [president@addisons.org.au](mailto:president@addisons.org.au).

# Member News

## A Remote Crisis

*Kathy's report of her first crisis might ring true for many of us – but remember she is in the middle of Queensland on the edge of the recent heavy rain area!*

I had my first crisis at the start of February, 2025. Of course, the creek was a raging torrent, cutting my daughter's access to me from her house, and my husband was at the local club Annual General Meeting about 20 minutes' drive away.

I was in bad pain with repeated diarrhoea, nausea and breathlessness. I was unable to even work out how to mix the contents of the Solu Cortef vial, let alone draw it up with the needle and syringe. My daughter managed to call the ambulance, which is about 100km away. Soon my husband arrived and eventually, after much difficulty, worked out how to operate the Solu-Cortef vial and gave the injection.

The hydrocortisone had started to work by the time the ambulance arrived. The paramedic did my stats and an ECG and administered a 500ml saline drip via a canula. He checked via the internet as he had had no experience with transporting someone experiencing an adrenal crisis. The Emerald hospital were great. The emergency doctor was very aware and knowledgeable about Addison's disease and was waiting for me. He gave me more hydrocortisone medication via the canula, antibiotics and ordered more hydrocortisone 6 hourly along with another litre of saline.

I recovered very well and was ready to go home by morning. The hospital contacted my Endocrinologist in Townsville for instructions about the medication regime recommended following the crisis. Country hospital. Excellent care. So lucky! I had never met the emergency doctor before and only know his first name. But all the doctors there on rotation are now up to date with Addison's and adrenal crises. So, spreading knowledge has been great.

Very good result all round. At least after my crisis my family takes it a bit more seriously. My crisis gave them a fright!!

*For members close enough the get to a Solu-Cortef injection education event seize the chance AND bring that other person who MAY have to actually do the injection.*



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# AADAI's 30 Years

## From our founding president: the late Noreen Secomb

Noreen Secomb, our founding former president, passed away on the 6 December 2024 at the age of 94.

Noreen was a loyal, long serving leader for our Association. She was a good listener and a wise woman.

We remember and thank Noreen for all she has done to advance the cause of those of us living with Addison's disease, adrenal and pituitary insufficiency across the country.

She helped create an organisation that supports and encourages people to live positively with what might have been a very discouraging condition.

This newsletter is a tribute to her. It is now up to the next generation to help carry Noreen's vision forward.

Bronwyn Monro

In December 1992, I was diagnosed with Addison's disease after years of blood tests that all came back normal.

I was getting weaker and weaker all the time, losing weight and getting darker but at long last I knew I had something and it wasn't all in my head. I was told it was a rare disease and only about four people in a million had it so it would be very hard to find anyone else with it.

After searching for several months for a support group my chemist decided to try searching the web and found the UK had a support group. He gave me their address and in 1994 I wrote to Deana Kenward, asking her if I could become a member. She advised me that I could.

*At last I knew there were other people out there with Addison's disease and it didn't matter to me that we were thousands of miles apart.*

My name was put in the UK newsletter and, as a result, I received a letter from Ann-Christine Ball from Norway. She advised that Norway also had a support group and was in the process of writing a letter to send to other countries, including Australia, to see if they could find other Addisonians.

A couple of months later I received another letter from Norway saying that they had sent a letter to the magazine

New Idea and had received thirty responses from Australia, nine from New South Wales, and one person also living in Coffs Harbour who turned out to be Yvonne Klepzig (Doherty).

I wanted to buy the back dated issue of New Idea, in which the Norway group had placed their original letter. This proved to be quite difficult.

It was while I was explaining to the saleslady why I wanted this issue that she informed me her aunt, who lived in Grafton, had Addison's disease.

She knew another lady from Coffs Harbour with Addison's disease as well, Marie Moffitt and we agreed to meet one afternoon.

A few weeks later I received Yvonne's phone number so we decided to go to lunch together. The three of us met several times after that before deciding we should start a support group.

It had helped us all so much finding each other and we thought we should be helping other people as well. Our plans started to take shape. I was elected president, Yvonne secretary and newsletter editor while

Marie was treasurer.

Our first newsletter was sent out in December 1995, and in February 1996 we held our first meeting.

*I never thought all those years ago we would ever get so big. I am so very proud of what we have achieved.*

To think the first 2 newsletters were written on a typewriter before Yvonne then purchased a computer.

We became an Association in March, 1998 and had our own website launched in August, 1998. We owe great thanks to the many people who have contributed to our newsletter over the years.

Noreen Secomb

*Photo of Noreen Secomb, Helen Reddy and Yvonne Doherty (now Klepzig) at the first Association conference at Pacific Bay Resort in Coffs Harbour. It was when Helen Reddy officially became our patron.*



# AADAI's 30 Years

## AADAI milestones over the decades

[Founding Treasurer Mari Moffitt shares her story and memories of AADAI's first years.](#)

In 1984, after going backwards and forwards to doctors I was lucky to be diagnosed with Addison's disease by a local GP who had seen similar symptoms in a teaching hospital years previously and also knew the disease could not be detected by the usual blood tests.

I was referred to a specialist who said he knew about the disease but at the time had no other patients he was treating. Sadly I was still alone with this disease though happy to finally learn it was a 'real' condition.

Ten years passed, then one day I received a phone call from a lady called Noreen saying she too had been diagnosed with Addison's disease and had been searching for other sufferers. Noreen organised a meet up with myself and Yvonne.

We were soon planning how to reach other sufferers. In late 1995, the Australian Addison's Disease Support Group was established with foundation members myself Marie Moffitt (Treasurer), Noreen Secomb (President) and Yvonne Doherty (Secretary).

Our first outside member then joined bringing our membership total for 1995 to four.

After a lot of hard work the Support Group was up and running. The first newsletters were sent by post and all correspondence was typed on a manual typewriter. Research was also via hand written letters. Computers and the internet were yet to arrive to our small Support Group.

Our goal was to connect other Addisonians with each other so they would not feel alone with this rare disease.

Our job now was to make GPs, specialists and hospitals aware of this rare disease. We wrote letters, pounded the pavement, handed out flyers and information to all that would take them. Magazines, newspapers, television shows, radio stations.

We put flyers up in medical rooms, hospitals, talked to GPs about symptoms to look for and particular blood tests to ask for. It was a struggle and took some time but at last we felt like we were making headway. People were finally starting to listen and learn about this disease. Our first committee meeting was in early 1996.

Members were so grateful to be able to actually contact and connect with other sufferers. In 1996, memberships totalled 70.

In 1998, memberships from around Australia and overseas were growing and the Australian Addison's Disease

Support Group was renamed to the Australian Addison's Disease Association Inc. as it is today. 1998 memberships now totalled 146.

In 2003, entertainer and Addison's sufferer, Helen Reddy, was invited to be guest speaker at our first 'Addison's Awareness Week' conference and we launched the book *Addison's Disease Patients Survey in Australia. Diagnosis & Management* written by local Dr Fateh-Ali. M. Ladhani.

This rare disease was finally becoming recognised.

In 2000, I retired from Treasurer and moved to Queensland. I am forever grateful for those years as a committee member along with the knowledge of Addison's disease I have gained through this and the wonderful people I have met on this incredible journey.

I will be forever thankful to the people who supported us in the beginning and continue to do so.

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## Miracle meeting

[Founding Secretary Doherty \(now Klepzig\) recounts how she came to meet Noreen and Marie to form AADAI.](#)

As Noreen Secomb always use to say, "It was a miracle we found each other". In 1994, the UK Addison's Disease Support Group put an advertisement in the "New Idea" asking people with Addison's disease to contact them. My mum saw the advertisement and we rushed off a quick letter to England, as did Noreen.

The UK Addison's Disease Support Group sent both Noreen and I lots of information about Addison's disease but most importantly told us about each other living in the same town. We arranged to meet for a cup of tea and talked for hours.

Even though I was diagnosed with Addison's when I was 17 years old, I had never met anyone else with the disease. I was elated to meet someone who understood how I felt. Noreen in comparison, had only recently been diagnosed at the time.

Noreen decided to put an article in the local newspaper about Addison's disease and the amazing coincidence of two people with the disease living in the same town; and that is how we met Marie Moffat. So there were 3 of us who met regularly for cups of tea and cake.

In 1995, we finally decided the chances of the three of us finding each other were so rare, it was destiny and our chosen path to get "The Australian Addison's Disease Support Group" going.

## Member News

### Addison's and me in the bush on a cattle property

As our wonderful Addison's Association celebrates 30 years, I find myself reflecting on the past three years and nine months of my own little journey.

It started off in pain, fear and hospital. Specialists. No answers for 17 months. Extreme fatigue, dark colouring and weight loss. No one seemed to know the consequences of diminished adrenals after a bilateral haemorrhage.

My guardian angel was a relieving GP with some endocrine experience. One look at my chart and I was on the road to some answers and an endocrinologist. Hydrocortisone and a revived life awaited, but with little knowledge of Addison's.

I started searching the web for information that was totally lacking within communities and doctor's rooms (except for a neighbour whose dog had Addison's! I thought I should have initially gone to the vet for answers!!).

Luckily I found the Australian Addison's Disease Association website. I became a member. Answers, information, help and support. I utilised all of these assets and appreciate them very much.

Whether you live regionally or in towns or cities there is little known about this condition. This organisation opens the door to everyone regardless of where you live and through my own experience I can really value this.

My endocrinologist says I manage my Addison's really well. He is based in Townsville (about an eight hours' drive away) and only requires a yearly appointment, which I can access locally when he holds a clinic in my area. I can also contact him if needed. So I tend to rely on AADAI newsletters, seminars and webinars to keep up to date with our world. I also indulge in the occasional email to Bronwyn.

My condolences to Noreen Secomb's family and thank you to this wonderful lady for starting this association and to everyone who has kept it going forward all these years. Where would we be without it!! Thank you

*Kathy Hawkins (pictured second from right with branding team), "Mowbray", Springsure 4722*



### Rare Voices Australia Parliamentary Lunch

On behalf of the Association, I attended Rare Diseases Day at Parliament House organised by Rare Voices Australia. It was a great turnout and I met lots of strong advocates. My main takeaways were:

- There are two million people with rare diseases in Australia.
- There is an active Parliamentary Friends of Rare Diseases group that advocates strongly for rare diseases in Parliament. Rare Voices Australia works closely with this group.
- The Parliament has a National Strategic Action Plan of Rare Diseases see [National Strategic Action Plan for Rare Diseases | Australian Government Department of Health and Aged Care](#)
- Minister of Health and Ageing, Mark Butler spoke about all the things that the current government is doing to support rare diseases. He highlighted the expanded newborn screening and the additional medicines that have been added to the PBS.
- Dr Mike Frelander and Dr Monique Ryan, co-chairs of the Parliamentary Friends both spoke. They highlighted the importance of advocating with your local member.
- Shadow Minister for Health Senator Anne Ruston highlighted that the support to rare diseases is bipartisan.
- Many people spoke about the upcoming election – there seemed to be strong commitment to the rare diseases advocacy by both sides of government.

*Sarah Lendon*

*AADAI Executive Committee Member*

## Member news

### Travelling with Adrenal Insufficiency

Travelling anytime on a holiday with a health condition is tricky, but when your travel destination is an overseas remote tropical island and evacuation is a 30 minute helicopter ride (that needs to be coordinated from the mainland so could take hours and is only available during the day) you want to make sure you are prepared for any medical situation.

*The first essential thing to do is make sure you have good travel insurance that covers your health conditions, I ended up going with Southern Cross Travel Insurance which was very quick and easy to purchase online even with all my serious and life threatening health conditions over the past 12 months.*

My endocrinologist suggested 6 Solu-Cortef vials for my 10-day holiday. So that was my starting point along with my daily medication, my epi-pen (for my allergies) and medication for any symptoms that may arise - gastro/diarrhea, cold/flu, nausea/vomiting, indigestion/heartburn, headaches/pain relief, antibiotics, and allergy medication. I also packed band aids and antiseptic powder in case of any minor scrapes/cuts.

With the humid tropical weather, I made sure to take lots of Hydralyte products - ice blocks (which the resort kept in the restaurant freezer for me as there was no freezer in my room) and Hydralyte dissolvable tablets to pop quickly into a glass of water when needed.

Unfortunately, health issues arrive for most travellers, let alone those with a serious health condition, but thankfully mine were not too serious (a bout of gastro from spicy food, minor dehydration and a cold) and I was able to manage myself with medication.



*One thing I did not think to take and would highly recommend taking is a thermometer, especially in such humid conditions when feeling unwell, so it can quickly be determined whether you have a fever and are not just dismissing it due to the hot weather.*

Next time, I will make a list of all the medications and aids I am carrying. As going through Customs the Border Security Officer was asking me about one of the contents in my bag and in my foggy brain state, all I could think that may cause alarm was all the vials of Hydrocortisone and syringes/needles I had on me, but it was actually the box of Hydralyte ice blocks that looked very suspicious to him with the 16 long liquid cylindrical shapes.

This is my first overseas holiday after being diagnosed with adrenal insufficiency so I was extremely nervous about being so far away from medical care, but

with a little extra planning before leaving home, it can minimise any downtime while on holidays and prevent minor health conditions escalating.

Caroline Galanos

### Missing emails?

Some members are reporting the Association emails are not reaching them.

In some cases the missing emails are found in the member's Spam folder. In those cases the emails from [addisons.org.au](mailto:addisons.org.au) need to be whitelisted to appear in the member's Inbox.

However, in a few cases the emails are assumed to be spam by the internet service provider and those members will not know an email was even sent.

If you believe you may be missing emails or hear of another member missing out on eg newsletters, contact Bronwyn at [president@addisons.org.au](mailto:president@addisons.org.au) and we will try to resolve the issue.

# Get in touch



**Phone:** 0455 534 472

*Please call between 8am and 9 pm (Sydney time)*

*If your call is unanswered, send a text so we can call you back as soon as possible or try again at a later time.*

**Post:** Australian Addison's Disease Association Inc.  
48 Glassop Street  
Balmain NSW 2041

**Website:** [addisons.org.au](http://addisons.org.au) includes contact request form

## Association Committee

### President

**Bronwyn Monro**

[president@addisons.org.au](mailto:president@addisons.org.au)

### Vice President

TBA

### Committee members

**Di Carlen**

**Emily Dorahy**

**Saskia Holloway**

**Linda Hobbs**

### Secretary

TBA

### Treasurer

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**Julia Kelly**

**Sarah Lendon**

**Terri McDonald**

**Liz Warning**

*We're always on the look out for people to assist the Association, including those keen to be support representatives in most parts of Australia. Let Bronwyn know if you are keen to assist. You don't need to join the committee to lend an invaluable helping hand.*

With assistance from:

### Newsletter Editor

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**Complete this form in full if you live with primary or secondary adrenal insufficiency  
Alternatively, consider using the online version at  
[addisons.org.au/payments/membership-au-12months](https://addisons.org.au/payments/membership-au-12months)**

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**Account: 218784932**  
**Name: Australian**  
**Addison's Disease Association Inc.**

|   |  |          |
|---|--|----------|
| <b>Title:</b>   | <b>USE BLOCK LETTERS IN THESE BOXES</b>  |          |
| Surname:  |  |          |
| Given name(s):  |  |          |
| Date of birth:  |  |          |
| Postal address:   |  |          |
| Town/City:  |  |          |
| Postcode:   | State:   | Country: |
| Phone:  | (    )   |          |
| Mobile:   |  |          |
| Email:  |  |          |
| Endocrinologist:  |  | Ph No.   |
| Endo's email:   |  |          |
| GP name/practice:   |  | Ph No.   |
| GP email:   |  |          |
| <b>Only to be completed for new members or members whose details have changed</b>   |  |          |
| I have (tick one): Primary adrenal insufficiency (Addison's disease) <input type="checkbox"/> Secondary adrenal insufficiency <input type="checkbox"/> Other <input type="checkbox"/> |  |          |
| Details of Other  |  |          |
| When were you diagnosed?  | Year:  |          |
| Your best contact is:   | by phone <input type="checkbox"/> by mobile <input type="checkbox"/> by email <input type="checkbox"/> |          |
| How would you like to receive your newsletter?  | Email <input type="checkbox"/> Post <input type="checkbox"/>   |          |
| Next of Kin contact details   | Name:  | Ph:      |

Return to: **Australian Addison's Disease Association Inc., 48 Glassop Street, Balmain, NSW 2041 Australia**  
or complete the online form at: <https://addisons.org.au/payments/membership-au-12months/>  
for new members

If renewing or re-joining, log in as a member and go to <https://addisons.org.au/membership-renewal>