

## 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®
- 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 Diagnosis and Treatment	Endocrine Society of Australia (ESA) Fact Sheets
What to do or what to ask for as a patient (Prof Eastman)	Mental Health and well-being support services including RaREST digital resources

## AADAI VIDEOS

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

## 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*