

## **ADRENAL INSUFICIENCY**

You have adrenal insufficiency, a condition in which you lack adequate production of a hormone, cortisol. This hormone affects every cell and tissue in your body and is responsible for helping your body make energy. Lack of this hormone, particularly in times of stress, may cause serious consequences, including shock and death.

Particular warning symptoms, suggesting impending crisis, may include severe weakness, blackout spells, irregular heartbeat, abdominal pain, nausea, vomiting and diarrhea.

- Always discuss treatment of adrenal insufficiency with your doctor.
- Always carry a Medical Alert identification indicating that you are: "Cortisone-dependent" or "Adrenal insufficiency"
- Take your medication faithfully, as indicated by your physician. Failure to take even one pill may endanger your life.
- You may need to take 2-5 times your usual dose of medication if you have severe physical or mental stress, fever greater than 101 degrees (F), surgery, etc.
- If, for any reason, you are unable to take your medication by mouth, you will need to get the medication by injection
- Discuss with your doctor if you should carry injectable steroids with you for emergency use.

For links to additional information:

- <http://www.medicalresources.org/addisons.html>