

FOR EMERGENCIES/EXTREME STRESS SITUATIONS
(TO AVOID OR CORRECT ADDISONIAN CRISIS)

Conditions which must be treated immediately:

- severe injury of any type
- blood loss
- fluid and/or electrolyte loss
- infection
- severe vomiting
- diarrhea.

Treatment protocol prior to Emergency Room arrival:

- Give Hydrocortisone 100 mg. IM (intramuscularly) in buttock or upper thigh.
- Patient then should be immediately admitted to the nearest Emergency Room, where adrenal crisis treatment should begin promptly.
- if transportation to emergency medical facility is impossible, treat patient on site as listed below.

Protocol for treatment of adrenal crisis in emergency room:

- 1.) I.V. hydrocortisone.
- 2.) Administer I.V. isotonic saline.
- 3.) Continue I.V. hydrocortisone until oral medication is tolerated.

For further details, call Dr. _____
Specialty: _____
Office Phone: _____
Emergency Pager or Exchange #: _____
Address _____
City _____ State _____ Zip _____

Patient Name _____ Home Phone: _____
Address _____
City _____ State _____ Zip _____

MEDICAL CONDITIONS	MEDICATION	DOSAGES
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Emergency contact #1: _____ Relationship to patient: _____
Home phone: _____ Work: _____ Cell: _____
Emergency contact #2: _____ Relationship to patient: _____
Home phone: _____ Work: _____ Cell: _____

THE NATIONAL ADRENAL DISEASES FOUNDATION, INC.

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ATTENTION! IMPORTANT EMERGENCY INFORMATION PROVIDED ON THIS SHEET

The person carrying this emergency information sheet suffers from Addison's disease or adrenal insufficiency. Appropriate care of such a person in a medical emergency is critical to their survival, as their body does not produce the stress hormone cortisol. This sheet and the educational information below is provided as a service by the National Adrenal Diseases Foundation and is edited for content by board certified medical endocrinologist, Paul Margulies.

WHAT IS ADDISON'S DISEASE?

Addison's disease is a severe or total deficiency of the hormones made in the adrenal cortex, caused by its destruction. Classical Addison's disease results from a loss of both cortisol and aldosterone secretion due to the near total or total destruction of both adrenal glands. This condition is also called primary adrenal insufficiency. If ACTH is deficient, there will not be enough cortisol produced, although aldosterone may remain adequate. This is secondary adrenal insufficiency, which is distinctly different, but similar to Addison's disease, since both include a loss of cortisol secretion.

Symptoms of an ADDISONIAN CRISIS or UNDIAGNOSED ADDISON'S DISEASE (Revised 2004)

Symptoms may include:

- low blood pressure (possibly with accompanying black outs)
- severe fatigue
- nausea
- vomiting
- diarrhea
- stomach pain
- extreme weight loss or appearance of anorexia
- unexplained fever
- salt craving
- darkened skin (especially mucous membranes and pressure points)
- confusion

For more information, contact:

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