

Addison's Disease

(Adrenocortical Insufficiency)



What is it?

- Results when underactive adrenal glands produce insufficient amounts of corticosteroids, can be life-threatening.



Who does it affect?

- 4 out of 100,000 people- any age, male and female equally.
- Adrenal Glands- can be destroyed by cancer, amyloidosis, an infection such as TB/tuberculosis (See Food Fitness First® on Tuberculosis) or other identifiable disease.
- 70% the cause is not known for certain, scientists believe

the adrenal glands are destroyed by an autoimmune reaction.



- Adrenal Glands - are suppressed by corticosteroids (prednisone) users.

What are the Symptoms?

- Weak, tired, and dizzy when standing after lying or sitting.
- Skin is darkened as if a good tan, on sun and non-sun exposed areas.
- Black freckles on forehead, face, and shoulders.
- Bluish-black discoloration - on lips, nipples, mouth, rectum, scrotum, or vagina.
- Weight loss, dehydration, and poor appetite.
- Develop muscle aches, nausea, vomiting, and diarrhea.
- Unable to tolerate cold.
- Symptoms - only show in time of stress, unless disease is severe.
- Untreated - have severe abdominal pain, profound weakness, extremely low blood pressure, kidney failure, shock may occur especially if stress from injury, severe infection or surgery, death may follow.



What do I need to do?

- See your Health Care Provider- immediately.
- See a Registered Dietitian or a Food Fitness First® RD - for help with meal planning, weight loss as needed and improved hydration.

