

1 Addison's Disease

Addison's disease is a rare disorder that stems from the malfunction of the adrenal glands located on top of the kidneys. In this disease, there is a deficiency of hormones produced by the adrenal cortex, the gland's firm outer layer. Most often, Addison's disease results from destruction of the adrenal gland. This glandular destruction may result from unusual infections, malignant tumors, an autoimmune process or other rare disorders. At least half of all cases of Addison's disease result from patient's developing antibodies against their own adrenal tissue (autoimmune process).

There can be increased water excretion in the urine and lowered blood pressure, which can lead to severe dehydration and other major complications. The symptoms of Addison's disease increase with the progression of the disease. Early signs may include fatigue, loss of appetite, low blood pressure (hypotension), weakness and significant loss from the kidneys of water and minerals. Other symptoms may include darkened scars and skin folds, as well as dark freckles on the head and shoulders. In the later stages, nausea may develop, as well as dizziness, further dehydration, low blood sugar (hypoglycemia) and mental changes including confusion.

Patients who are treated early have an excellent prognosis, but it is imperative that treatment be instituted immediately and vigorously. In order to counteract the hormonal loss, physicians prescribe steroid hormone replacement therapy. Certain doses of hormones need to be increased during times of illness and surgery. Treatment should never be stopped, even for a day, without the advice of a physician. Persons on treatment should wear an alert bracelet to let emergency medical providers know of their diagnosis.

National Agencies & Associations

- 2 Endocrine Society**
8401 Connecticut Avenue 301-941-0200
Chevy Chase, MD 20815 Fax: 301-941-0259
e-mail: endostaff@endo-society.org
www.endo-society.org
- Source of state-of-the-art research and clinical advancements in endocrinology and metabolism. Dedicated to promoting excellence in research, education and clinical practice in the field of endocrinology. Prime advocate and integrative force for clinicians and investigators.
Erin A Foley-Moudry MPH, President/Director
- 3 National Adrenal Diseases Foundation**
505 Northern Boulevard 516-487-4992
Great Neck, NY 11021 Fax: 516-887-6997
e-mail: nadfmail@aol.com
www.medhelp.org/www/nadf
- Nonprofit organization dedicated to offer support, information and research for individuals having diseases of the adrenal glands. Goals of the organization include assisting patients through informational and educational activities, as well as support programs.
Erin A Foley-Moudry MPH, President/Director
- 4 National Institute of Diabetes & Digestive & Kidney Diseases**
National Institutes of Health
31 Center Drive, MSC 2560 301-496-4000
Bethesda, MD 20892 e-mail: NIHInfo@OD.NIH.GOV
www.niddk.nih.gov
- Conducts and supports research on many of the most serious diseases affecting public health. The Institute supports much of the clinical research on the diseases of internal medicine and related subspecialty fields as well as many basic science disciplines.
Allen Spiegel MD, Director

Support Groups & Hotlines

- 5 National Health Information Center**
PO Box 1133
Washington, DC 20013 800-336-4797
e-mail: info@nhic.org
www.health.gov/nhic
- Offers a nationwide referral service, produces directories and resource guides.

Newsletters

- 6 Addison News**
6142 Territorial
Pleasant Lake, MI 49272 www2.dmci.net/users/hoffmanrj
- 7 National Adrenal Diseases Foundation News**
505 Northern Boulevard 516-487-4992
Great Neck, NY 11021 Fax: 516-887-6997
e-mail: nadfmail@aol.com
www.medhelp.org/www/nadf
- Official newsletter of the National Adrenal Diseases Foundation. Contains information on the latest research, question and answer column by an endocrinologist and helpful hints for those with Addison's Disease.
Monthly
Erin A Foley-Moudry, President/Director
Paul Margulies MD, Editor

Web Sites

- 8 Healing Well** www.healingwell.com
An online health resource guide to medical news, chat, information and articles, newsgroups and message boards, books, disease-related web sites, medical directories, and more for patients, friends, and family coping with disabling diseases, disorders, or chronic illnesses. Includes free e-mail, free homepages, and a monthly newsletter.
- 9 Health Answers** www.healthanswers.com
Information on Addison's disease, including causes, incidence, and risk factors.
- 10 Health Finder** www.healthfinder.gov
Searchable, carefully developed web site offering information on over 1000 topics. Developed by the US Department of Health and Human Services, the site can be used in both English and Spanish.
- 11 Healthlink USA** www.healthlinkusa.com
Health information concerning treatment, cures, prevention, diagnosis, risk factors, research, support groups, email lists, personal stories and much more. Updated regularly.
- 12 Helios Health** www.helioshealth.com
Online resource for your health information. Detailed information about specific health topics, access to expert advice from our Medical Advisory Board, and up-to-date health news.
- 13 Hormone Foundation** www.hormone.org
Helpful database of endocrinologists by state and information on many conditions covered by the affiliate, Endocrine Society.
- 14 Mywebmd** www.mywebmd.com
Search engine providing links to websites with information on illnesses, diseases and disorders.
- 15 National Adrenal Diseases Foundation** www.medhelp.org/www/nadf
Information and links for those affected by Addison's, Cushing's, Congenital Adrenal Hyperplasia, Hyper and Hypoaldosteronism and adrenal tumors.

16 Aging

The elderly population in the United States is growing faster than any other segment of the population, and has done so since 1900. It is estimated that this trend will continue at least through the year 2050. According to the 2000 US Census, 13 percent of the population is older than 65. One in eight persons is over 85 years, classified as "old old." By 2040, it is anticipated that one person in five will exceed 65 years of age, and the number of people over 85 will increase to four times their number today, representing the aging of the baby boomers.

Aging is not a disease, but part of the normal life cycle, and many seniors retain good health and live independently for long past the traditional age of retirement. In time, however, most will develop one or more chronic conditions; for those over 75 years of age, the most common conditions are hypertension, heart disease, hearing loss, arthritis, and cataracts. By the year 2030, 150 million Americans are expected to have a chronic condition, and 42 million will be limited in their ability to work or live independently. Treating this population will require many medical and nonmedical services, integrated to provide a comprehensive continuum of care. See also *Alzheimer's Disease*.

National Agencies & Associations

- 17 American Association of Homes and Services for the Aging**
 American Assoc. of Homes & Services for the Aging
 2519 Connecticut Avenue Northwest 202-783-2242
 Washington, DC 20008 Fax: 202-783-2255
 e-mail: info@aahsa.org
 www.aahsa.org
- National association of more than 4,000 nonprofit nursing homes, continuing care retirement communities, independent living centers and community service providers serving more than 60,000 older Americans each year. Members are sponsored by religious and fraternal organizations. The association offers many members services including government representation, money-saving programs, continuing education, public relations programs, national certification programs, publications and resources.
William Smith, Chair
Margaret Mullan, Chair Elect
- 18 American Association of Retired Persons (AARP)**
 601 East Street Northwest 888-687-2277
 Washington, DC 20049 e-mail: member@aarp.org
 www.aarp.org
- AARP is the nation's leading organization for people age 50 and older. It serves their needs and interests through information and education, advocacy, and community services provided by a network of local chapters and experienced volunteers throughout the country. The organization also offers members a wide range of special membership benefits including Modern Maturity and a monthly bulletin.
William Novelli, CEO
Marie Smith, President
- 19 Commission on Accreditation of Rehabilitation Services**
 4891 East Grant Road 520-325-1044
 Tucson, AZ 85712 888-281-6531
 Fax: 520-318-1129
 www.carf.org
- Offers lists of continuing care facilities across the country, grouped by region to the public; resources and publications also available pertaining to the elderly and treatment facilities.
Brian J Boon, PhD, President/CEO
Paul Andrew, Managing Director
- 20 Gerontological Society of America**
 Gerontological Society of America 202-842-1275
 1030 15th Street Northwest Fax: 202-842-1150
 Washington, DC 20005 e-mail: geron@geron.org
 www.geron.org
- Nonprofit professional organization with more than 5000 members in the field of aging. Provides researchers, educators, practitioners and policy makers with opportunities to understand, advance, integrate and use basic and applied research on aging to improve the quality of life as one ages.
Carol Ann Schutz, Executive Director
Laurie Johnson, Office Manager
- 21 International Senior Citizens Association**
 1102 Crenshaw Boulevard 213-857-6434
 Los Angeles, CA 90019
- Provides coordination on the international level to safeguard interests and needs of senior citizens worldwide; establishes means of communication among older citizens for educational and cultural developments; acts as a forum through which older persons may contribute to world betterment.
Elaine Gordon, Administrative Director

Aging/State Agencies & Associations

- 22 National Council on the Aging**
300 D Street Southwest
Washington, DC 20024
202-479-1200
Fax: 202-479-0735
TDD: 202-479-6674
e-mail: info@ncoa.org
www.ncoa.org

The nation's first charitable organization dedicated to promoting the dignity, independence, well-being and contributions of older Americans. NCOA serves as a national voice and powerful advocate on behalf of older Americans. NCOA is an innovator, developing programs such as BenefitsCheckUp®, Foster Grandparents and Family Friends. NCOA is an activator, working with its thousands of community organization members nationwide to provide needed services to older people.

James P Firman, President/CEO
Ronald W Schoeffler, EdD, Chair

- 23 Senior Resource**
PO Box 781
Del Mar, CA 92014
858-793-7901
877-793-7901
Fax: 858-792-9080
e-mail: ask@seniorresource.com
www.seniorresource.com

An agency that helps seniors to understand aging, and gives different resources consisting of sociologic changes; metabolic changes; positive aging; and physical changes.

- 24 US Administration on Aging**
Department of Health and Human Services
200 Independence Avenue SW
Washington, DC 20201
202-619-0257
800-677-1116
Fax: 202-357-3555
e-mail: aoainfo@aoa.hhs.gov
www.aoa.gov

The Administration on Aging, an agency in the US Department of Health and Human Services, is one of the nation's largest providers of home and community-based care for older persons and their caregivers. To develop a comprehensive, coordinated and cost-effective system of long-term care that helps elderly individuals to maintain their dignity in their homes and communities.

Josefina G Carbonell, Assistant Secretary for Aging
Edwin Walker, Deputy Assistant Secretary

State Agencies & Associations

Alaska

- 25 AARP Alaska State Office**
3601 C Street
Anchorage, AK 99503
866-227-7447
Fax: 907-341-2770
e-mail: ak@aarp.org
www.aarp.org

Liz Lucas, President
George Hieronymus, Program Officer-Health/Human Services

Arizona

- 26 AARP Arizona**
201 East Washington Street
Phoenix, AZ 85004
866-389-5649
Fax: 602-256-2928
e-mail: azaarp@aarp.org
www.aarp.org

Nonprofit membership organization.
Ritch Steven, President

Arkansas

- 27 AARP Arkansas State Office**
1701 Centerview Drive
Little Rock, AR 72211
866-544-5379
Fax: 501-227-7710
e-mail: araarp@aarp.org
www.aarp.org

Billie Ann Meyers, President

California

- 28 AARP California State Office**
200 South Los Robles Avenue
Pasadena, CA 91101
866-448-3615
Fax: 626-583-8500
e-mail: calosangeles@aarp.org
www.aarp.org

Maury Weiner, Executive Advocacy Volunteer
Jorge J Lambrinos, Executive Community Service Volunteer

- 29 AARP California State Office: Sacramento**
1415 L Street
Sacramento, CA 95814
866-448-3615
Fax: 916-446-2223
e-mail: casacramento@aarp.org
www.aarp.org

Maury Weiner, Executive Advocacy Volunteer
Jorge J Lambrinos, Executive Community Service Volunteer

Colorado

- 30 AARP Colorado State Office**
1301 Pennsylvania Street
Denver, CO 80203
866-554-5376
Fax: 303-764-5999
e-mail: coaarp.org
www.aarp.org

Sheila Casey
Robert Martinez

Florida

- 31 AARP Florida State Office: St. Petersburg**
400 Carillon Parkway
Saint Petersburg, FL 33716
866-595-7678
Fax: 727-571-2278
TTY: 727-561-9544
e-mail: flaarp@aarp.org
www.aarp.org

Angel Rodolfo, Sales
Thomas Thames, MD, Board of Directors Representative

- 32 Goodwill Industries-Suncoast**
Goodwill Industries-Suncoast
10596 Gandy Boulevard
St. Petersburg, FL 33733
727-523-1512
Fax: 727-577-2749
www.goodwill-suncoast.org

A nonprofit community based organization whose purpose is to improve the quality of life for people who are disabled, disadvantaged and/or aged. This mission is accomplished through a staff of over 1,200 employees providing independent living skills, affordable housing, career assessment and planning, job skills, training, placement, and job retention assistance with useful employment. Annually, Goodwill Industries-Suncoast serves over 30,000 people in Citrus, Hernando, Levy, Marion and more.

Jay Mc Cloe, Director Resource Development

Georgia

- 33 AARP Georgia**
999 Peachtree Street Northeast
Atlanta, GA 30309
866-295-7281
Fax: 404-881-6997
e-mail: gaaarp@aarp.org
www.aarp.org

Hawaii

- 34 AARP Hawaii State Office**
1132 Bishop Street
Honolulu, HI 96813
866-295-7282
Fax: 808-537-2288
e-mail: hiaarp@aarp.org
www.aarp.org

Greg Marchildon, Director
Mae Mendelson, Volunteer State President

Idaho

- 35 AARP Idaho State Office**
3830 East Gentry Way
Meridian, ID 83642
866-295-7284
Fax: 208-288-4424
e-mail: aarpid@aarp.org
www.aarp.org

Illinois

- 36 AARP Illinois State Office: Chicago**
222 North La Salle Street
Chicago, IL 60601
866-448-3613
Fax: 312-372-2204
e-mail: aarpil@aarp.org
www.aarp.org

Evelyn Gooden, President

Indiana

- 37 AARP Indiana State Office**
One North Capitol Avenue
Indianapolis, IN 46204
866-448-3618
Fax: 317-423-2211
e-mail: inaarp@aarp.org
www.aarp.org

Iowa

- 38 AARP Iowa State Office**
600 East Court Avenue
Des Moines, IA 50309
866-554-5378
Fax: 515-244-7767
e-mail: iaaarp@aarp.org
www.aarp.org

David Mills, President

Betty Grandquist, Executive Council Member

Kansas

- 39 AARP Kansas State Office**
555 South Kansas
Topeka, KS 66603
866-448-3619
Fax: 785-232-8259
e-mail: ksaarp@aarp.org
www.aarp.org

Kentucky

- 40 AARP Kentucky State Office**
10401 Linn Station Road
Louisville, KY 40223
866-295-7275
Fax: 502-394-9918
e-mail: kyaarp@aarp.org
www.aarp.org

Bill Harned, President

Laurel True, Advocacy

Louisiana

- 41 AARP Louisiana State Office**
301 Main Street
Baton Rouge, LA 70825
866-448-3620
Fax: 225-387-3400
e-mail: la@aarp.org
www.aarp.org

Earl White, President

Maine

- 42 AARP Maine State Office**
1685 Congress Street
Portland, ME 04102
866-554-5380
Fax: 207-775-5727
e-mail: me@aarp.org
www.aarp.org

Massachusetts

- 43 AARP Massachusetts State Office**
1 Beacon Street
Boston, MA 02108
866-448-3621
Fax: 617-723-4224
e-mail: ma@aarp.org
www.aarp.org

James J Callahan, Jr., PhD, Executive Advocacy Volunteer

Jack F Agnew, Executive Communications Volunteer

Michigan

- 44 AARP Michigan State Office**
309 North Washington Square
Lansing, MI 48933
866-227-7448
Fax: 517-482-2794
TTY: 877-434-7598
e-mail: miaarp@aarp.org
www.aarp.org

George Rowan, MD, President

Minnesota

- 45 AARP Minnesota State Office**
30 East Seventh Street
Saint Paul, MN 55101
866-554-5381
Fax: 651-221-2636
e-mail: aarpmn@aarp.org
www.aarp.org

Skip Humphrey, President

Missouri

- 46 AARP Missouri State Office**
700 West 47th Street
Kansas City, MO 64112
866-389-5627
Fax: 816-561-3107
e-mail: moaarp@aarp.org
www.aarp.org

Communications, community outreach and special events.

Anita K Parran, Associate State Director Public Affairs

Montana

- 47 AARP Montana State Office**
30 West 14th Street
Helena, MT 59601
866-295-7278
Fax: 406-441-2230
e-mail: mtaarp@aarp.org
www.aarp.org

Max Logan, President

Nebraska

- 48 AARP Nebraska State Office**
301 South 13th Street
Lincoln, NE 68508
866-389-5651
Fax: 402-323-6908
e-mail: neaarp@aarp.org
www.aarp.org

Ethel P Andrus, MD, Founder

Nevada

- 49 AARP Nevada State Office**
5820 South Eastern Avenue
Las Vegas, NV 89119
866-389-5652
Fax: 702-938-3225
e-mail: nvaarp@aarp.org
www.aarp.org

New Hampshire

- 50 AARP New Hampshire State Office**
900 Elm Street
Manchester, NH 03101
866-542-8168
Fax: 603-629-0066
e-mail: nh@aarp.org
www.aarp.org

Harold Acres, President