New Zealand Addison's Network

LIVING HEALTHILY WITH ADDISON'S DISEASI

Medication Regular
- which?
- dose?
- timing?

Food
- Too much? (medication)
- Salt craving? (medication)
- Feel as if your blood sugar is low? (consider protein/ carbohydrate balance; consider "grazing")

Water
Stay hydrated – don't wait until you feel thirsty

Exercise
Regular
- Helps cortisol work effectively

Sleep
- Can't sleep? (medication)
- Get enough sleep to avoid confusion between "ordinary tiredness" and "Addison's fatigue"

Stress Management
Stress increases cortisol requirements, and/or hinders cortisol from working properly.

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