



Wear a Medical Alert ID Bracelet / Necklace

TIPS TO CONSIDER

The Adrenal Insufficiency Coalition recommends wearing some form of medical alert ID. In the event that you are unconscious, the medical alert ID is the **only** way anyone will know to give you steroids immediately and the delay in treatment can be fatal.



What to write on your Medical Alert bracelet / necklace?

The key issue is to provide paramedics, medical staff and anyone else who may be involved in your care with clear and precise information about your condition and immediate needs.

There is debate over the best wording of our condition. Some doctors suggest "Addison's Disease". Others suggest "Adrenal Insufficiency - Give Cortisone" or "Steroid-dependent". The latter option is more medically descriptive and will hopefully communicate the urgency of your needs in an emergency. The words "Addison's Disease" might not "ring any bells", but the mention of "Adrenal Insufficiency" and the need for cortisone should flash warning lights to even a first-year medicine or nursing student.

Also list any other important health conditions e.g. diabetes or asthma. If there is room on your bracelet consider including "emergency injection in purse, OR on person."

If you have a personal online health profile and want to share the access code, make sure that it is **not** the only information on your medical alert bracelet or necklace: Digital or online databases **are not realistic** for emergency personnel to be used in an emergency situation!

Which style of Medical Alert bracelet / necklace to choose?

Whichever one you choose, keep in mind that the purpose of wearing a medical ID is for it to be recognized as such by emergency personnel. In other words: Do not select the style or type that looks the most like "real" jewellery. Make sure that all relevant information is readily visible, even if this means choosing a larger bracelet / necklace size.

Tattoos.

Medical officers and paramedics have reported that they are not alerted to a tattoo that highlights a patient's medical condition. Medical alert ID bracelets or necklaces remain the most sensible option.

Where can you get a Medical Alert bracelet / necklace?

There are several companies offering medical alert ID bracelets and necklaces online (Google "medical alert bracelet"), others are available in pharmacies. Costs and services may vary.

- MedicAlert Foundation www.medicalert.org.au
- Universal Medical ID australia.universalmedicalid.com
- Road ID www.roadid.com

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