



December 2021

Season's Greetings to our NADF members, friends and family!

As 2021 comes to an end we want to take a moment to thank you for your ongoing support.

Undoubtedly someone in your life is affected by adrenal disease. Whether it is you or a loved one, it is our hope that you will always turn to NADF for support and up-to-date information. Because of you, our organization continually strives to provide the support and information our members need, as well as for all who seek it.

A Member's Story

Eleanor became increasingly weak over a period of a few months, when she was in her mid-30's. Always slim, she had dropped 15 percent of her body weight due to nausea and lack of appetite. Her fair skin darkened, she developed brown patches on her elbows, and she saw darkening in the creases of her palms. Barely able to perform her demanding job as a pediatric floor nurse, she dragged herself to the hospital and home again every day, sleeping long stretches in between. Yet, people complimented her appearance because she was so thin and had a "healthy tan." Little did she or anyone else know that she was close to facing an adrenal crisis.

After months of suffering and misdiagnosis, an endocrinologist who worked with Eleanor spotted the young nurse's symptoms and urged her to get tested for Addison's Disease. When the results came back positive, the endocrinologist referred Eleanor to NADF, where she immediately learned valuable tools on how to manage her disease and received the support she desperately needed.

Why NADF Needs YOU

Thanks to your generous contributions, Eleanor and countless others with adrenal diseases are supported by NADF every year. Our mission is to serve you and your loved ones by providing hope and easily accessible information whenever it is needed, at whatever stage of your disease.

We are committed to advocate and be a resource for you and your families every day. Because of your generosity we've been able to achieve a great deal this year on behalf of all of you affected by adrenal disease. Here are a few highlights from NADF's 2021 accomplishments.

~ NADF held a May fact-finding meeting with the FDA. The group addressed drug shortages for patients with adrenal insufficiency (AI). We also discussed how the FDA can create significant drug innovation for the management of AI and place a higher priority on treatments.

- ~ NADF continues to forge alliances with medical associations to promote adrenal disease advocacy and awareness. Throughout 2021 NADF held programs and participated in industry conferences to continue to strengthen our position as the go-to organization for medical professionals working with the adrenal disease community.
- ~ NADF assisted HealthWell (a leading non-profit dedicated to improving access to care for America's underinsured) by distributing information about a grant that supports under-insured AI patients. Partially due to our help, more than \$240,000 has been awarded to qualifying applicants to date.
- ~ NADF and National Jewish Health worked together to recruit for a large global AI registry and study. Visit <https://redcap.njhealth.org/redcap/surveys/?s+P#DLE9D479> to find out more and/or to join the registry.

NADF continues to operate under excellent leadership. Your ongoing donations allow the NADF team to sustain our work to improve the quality of life for those with adrenal diseases.

As always, NADF and the rest of our members appreciate you and your continued financial support. Your tax-deductible donation to NADF, as the year comes to an end, will provide the much-needed help to continue our important initiatives, research and support to our adrenal community. We thank you for your generosity.

Wishing you a happy and healthy holiday season.

Eir  , MPH
Board Co-President, NADF


Board Co-President, NADF


Executive Director, NADF

To make a donation, please go here: <https://www.nadf.us/donate.html>. You may also mail your check or money order made out to "NADF" to: The National Adrenal Diseases Foundation (or NADF), P.O. Box 95149, Newton, MA 02495