

CM11**Predictors of adrenal crisis in patients with Addison's disease**

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DOI: <https://doi.org/10.26800/LV-144-supl2-CM11>

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Keywords: Addison's disease, adrenal crisis, risk factors

INTRODUCTION/OBJECTIVES: Addison's disease is the inability of the adrenal glands to produce cortisol and aldosterone, which must be replaced by medication. During stress or acute illness, there is a risk of adrenal crisis and it is important to adjust the dose of medication. The aim of this study was to find out how well Addison's disease patients are educated about their disease, its treatment, how often adrenal crisis occurs in these patients, and what the predictive factors are for developing adrenal crisis based on their knowledge.

MATERIALS AND METHODS: The study was conducted through a telephone survey to which the patients consented. The questionnaire included questions about their diagnosis, risk factors and symptoms of adrenal crisis, and dose adjustment. The participants are treated at the UHC Zagreb. Statistical analysis was performed using Statistical Package for the Social Sciences version 17.0 for Windows.

RESULTS: Some individuals knew the origin of their disease, but most did not. The majority (18/22) have a substitute medicine somewhere. Also, 12 knew more than three risk factors and 13 out of 22 knew more than three symptoms of adrenal crisis. The patients were divided into two groups. The first included those who had experienced an adrenal crisis (N=11) and the second included those who had never experienced one (N=11). Those who had experienced an adrenal crisis knew significantly fewer risk factors for developing a crisis than patients who had never had it (P=0.03).

CONCLUSION: Educating patients about the risk factors that precede an adrenal crisis is important to prevent this medical emergency.