

# 11 SELF HELP

Telecommunications technology and the internet have opened up good sources of information and support everywhere in the world. Below is a list of helpful contacts and sources of information:

■ **Addison's Disease Self-Help Group (ADSHG), UK organisation**

<http://www.adshg.org.uk>

Postal address:

Mrs Deana Kenward, ADSHG, 21 George Road, Guildford, Surrey, GU1 4NP, UK

Email: [deana@adshg.org.uk](mailto:deana@adshg.org.uk)

■ **Australian Addison's Disease Association**

<http://addisons.org.au>

■ **Canadian Addison Society**

<http://members.rogers.com/jsoutham>

■ **Joan Hoffman's site, for copies of "Our Addisonian Kids"**

<http://www2.dmci.net/users/hoffmanrj>

■ **National Adrenal Diseases Foundation (US organisation)**

<http://www.medhelp.org>

■ **Aspen Conner's adrenal insufficiency bulletin board**

<http://www.healinglight.com>

■ **Cyndi Mullet's Addison's Discussion Board**

<http://pub21.bravenet.com/forum/show.asp?usernum=1800203370>

■ **Yahoo Addison's bulletin board**

<http://clubs.yahoo.com/clubs/addisonsdisease>

■ **Boston Medical Publishing Corp.**

Online, medical outline of Addison's:

<http://www.emedicine.com/med/topic42.htm>

■ **British Medical Journal online**

<http://www.bmj.com>

■ **PubMed (medical research journal extracts)**

<http://www.ncbi.nlm.nih.gov/entrez>

■ **MedicAlert Foundation**

<http://www.medicalert.org.uk/>

Postal address:

1 Bridge Wharf, 156 Caledonian Road, London N1 9UU, UK

Tel: 020 7833 3034

E-mail: [membership@medicalert.co.uk](mailto:membership@medicalert.co.uk)