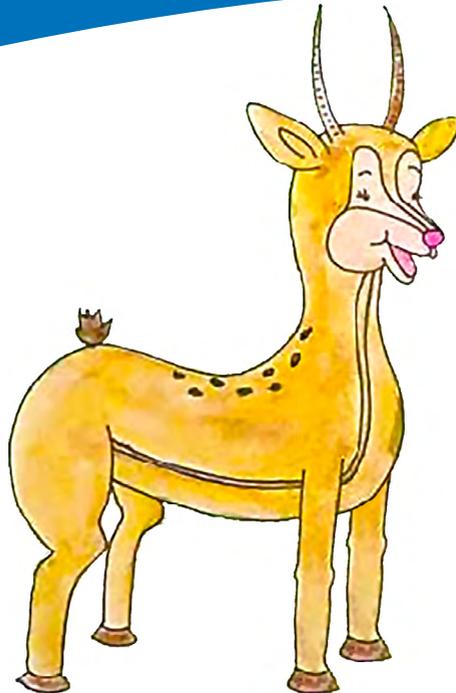


Alice the Antelope

Information for parents and carers

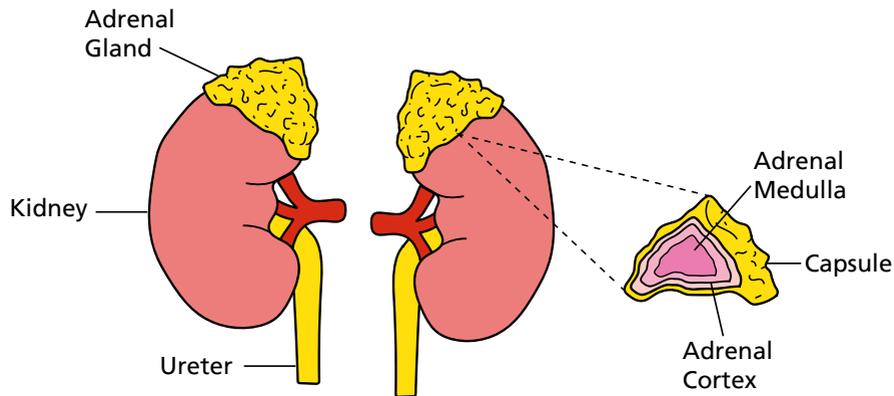


Leeds children's
hospital

caring about children

What are the adrenal glands?

The adrenal gland is a little triangular shaped organ which sits on top of both kidneys. It produces important hormones such as cortisol, aldosterone and adrenaline which can help with essential bodily functions such as metabolism and stress response.



What is adrenal insufficiency?

Adrenal insufficiency is a medical condition where the adrenal gland does not produce enough cortisol. It can be due to many causes.

How is adrenal insufficiency managed?

Adrenal insufficiency is managed by cortisol replacement, usually given in tablet or liquid form. When your child is sick, they will need to take more of their steroid medication at least every 6 hours to prevent an adrenal crisis.

What is adrenal crisis?

Adrenal crisis is a life-threatening medical emergency due to a lack of cortisol under times of stress or sickness.

What are the symptoms of an adrenal crisis?

There are different symptoms that people may have, some include confusion, drowsiness, abdominal pain, sweating, nausea and vomiting.

To prevent adrenal crisis people with adrenal insufficiency will follow a sick day rule with oral hydrocortisone or their emergency treatment with an injection of hydrocortisone, depending on how sick they are. This is because our body is under more stress when we are sick.

If your child has adrenal insufficiency, they may be given a medical alert bracelet. This will make it known to people either at school or visiting the doctors, that they require extra attention due to their adrenal insufficiency. It will inform them of what to do if your child is sick and who to contact. This could help them when they hurt themselves or become unwell, as it allows them to have extra steroid medication to prevent an adrenal crisis. Adults are given a steroid emergency card which they may be given as they grow older.



Alice the Antelope

In a forest full of fuzzy green trees,
Lives Alice the Antelope, free as can be.
She has adrenal insufficiency, it's true,
But it never stops her from what she can do.

Alice needs to take her steroid medicine each day,
To keep her strong in every way.
So that she can learn and grow and play,
And have fun with her friends throughout the day.



Running with her friend Benny the bear,
They chased the buzzing bumble bees without a care.



Blurry green and brown as they sped away.
Laughing and playing on a bright sunny day.



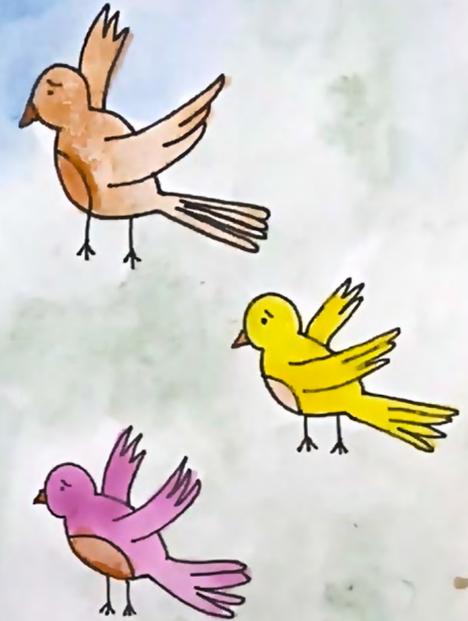
Alice ran as fast as her little legs could,
Catching up to Benny, like she knew she would.
But with a trip and a slip, they both took a fall...



Tumbling through leaves and landing in a sprawl!

She tried to stand but soon started to cry.
She'd hurt her leg, oh my, oh my!
Benny the bear was all of a flutter,
Crying out for help with a shout not a stutter.

"Help, oh help, oh what should we do?"
Benny cried out for he had no clue.

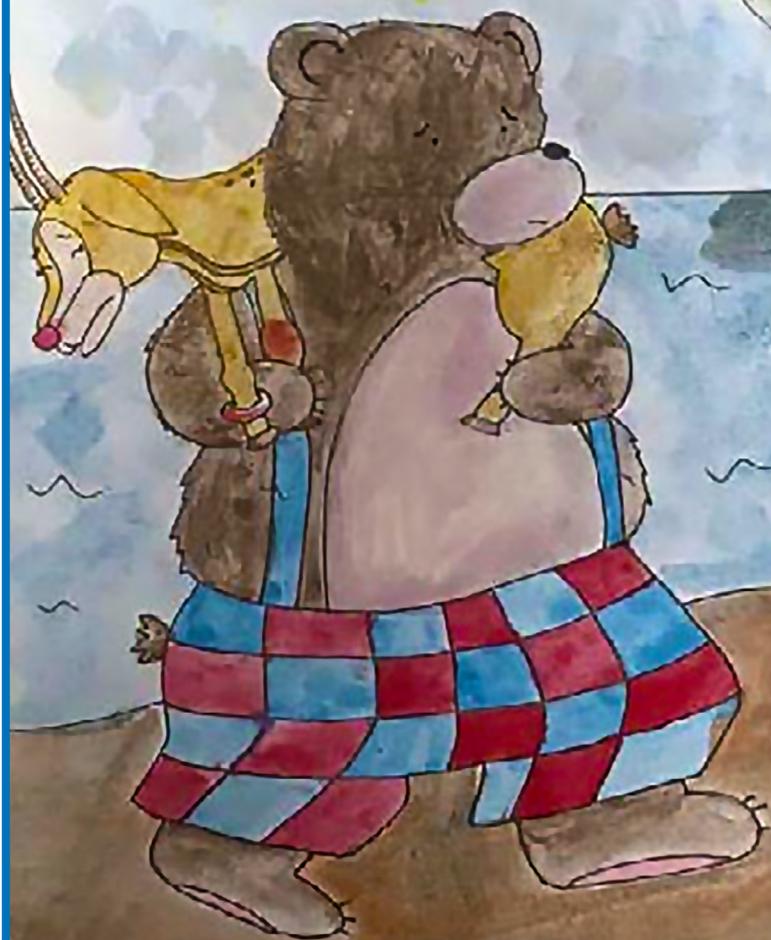


The birds flew in and gathered together,
Each one ready to help at the drop of a feather.

His voice so loud it reached the sky,
Calling all the birds flying nearby.

"We know where to go, we know who to see,
Doctor Millie the Mouse, who lives in the caves by the sea!"

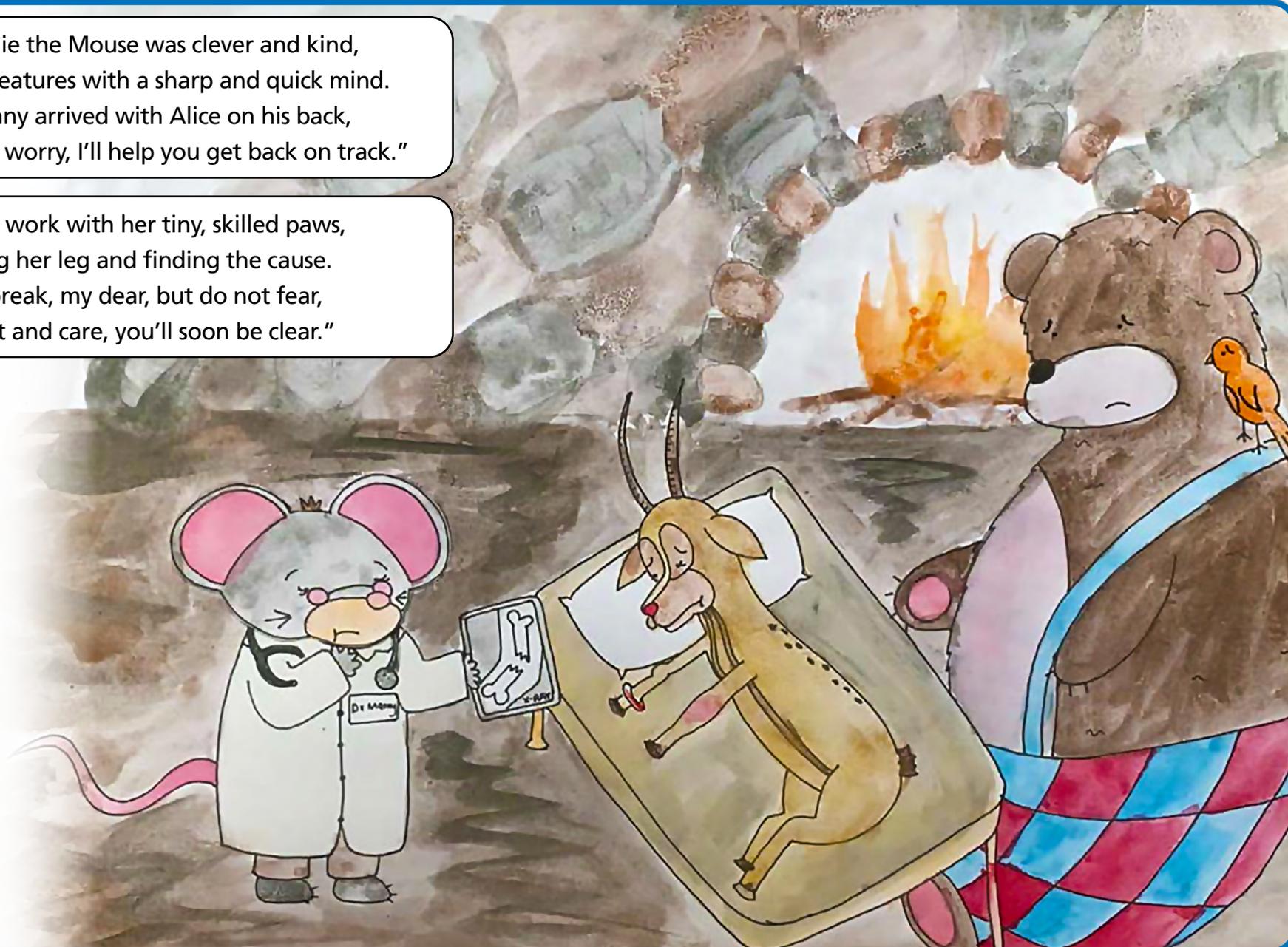
The birds flapped their wings and guided the way,
Leading poor Benny without delay.
With Alice sat gently on his strong back,
Benny dashed forward, staying on track.



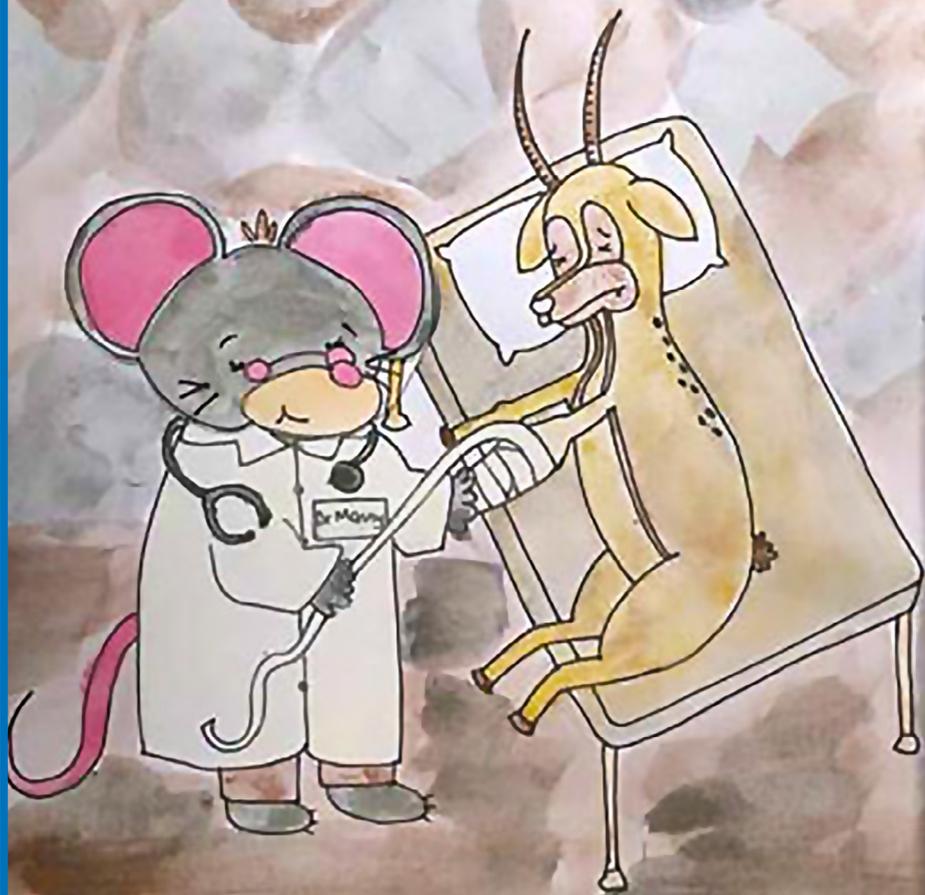
Through the forest and past the hill,
Benny moved swiftly, steady and still.
The caves by the sea weren't too far,
But time was precious, like a shooting star.

Doctor Millie the Mouse was clever and kind,
A healer of creatures with a sharp and quick mind.
When Benny arrived with Alice on his back,
She said "Don't worry, I'll help you get back on track."

She set to work with her tiny, skilled paws,
Checking her leg and finding the cause.
"It's a break, my dear, but do not fear,
With rest and care, you'll soon be clear."



But Alice soon began to feel clammy and warm,
Her head was aching like she had gone through a storm.
Tired and confused, not feeling like herself,
She turned to Doctor Millie and asked for some help.



"I've got adrenal insufficiency", Alice hastily said,
As she showed her wristband, bright white and red.
"I feel so dizzy, and my body is in pain,
Please, Doctor Millie, help me feel well again."

Doctor Millie looked with a careful eye,
At the medical alert band Alice held high.
She read the alert and now understood.
Alice needed help, and fast, if she could!



She sped away gathering all that she required,
To help stop Alice from feeling so weak and tired.
"You need extra medicine, a sick day dose,
To help you feel better, your body needs more than most."



“First, with a steroid injection, to work right away,
Then more medicine to keep you feeling okay.
With rest and some time to recover,
We’ll soon have you feeling better than ever!”



After a few days, Alice was feeling much better.
Her spirits had lifted, and she felt light as a feather.
She wanted to share her story with friends old and new,
So, in the future they'd know what to do.

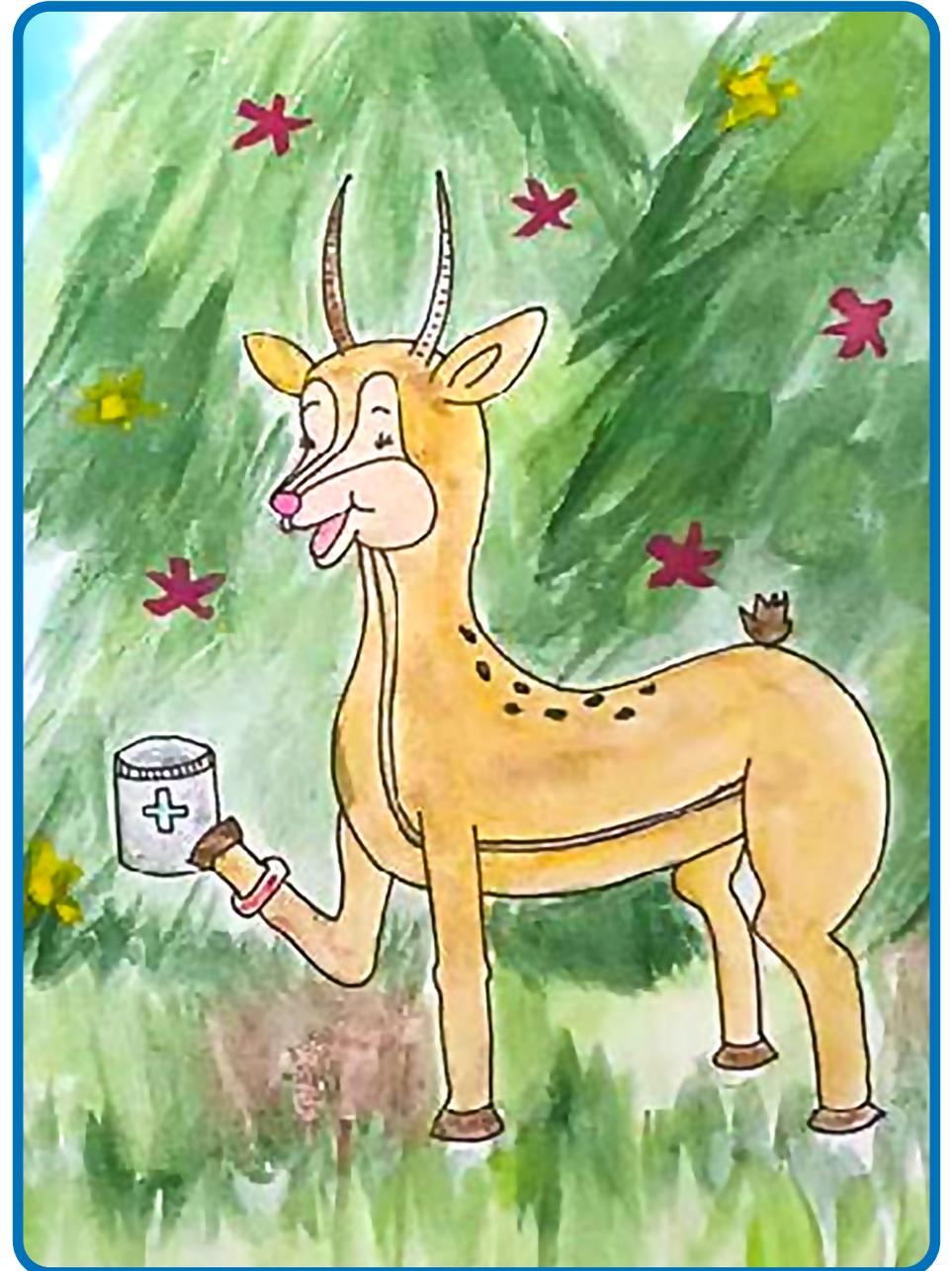
Alice held up her wristband, so bright white and red.
"This is my medical alert band!" she confidently said. "
When I get sick, I need extra medicine you see,
This band helps others know how to care for me."

"Wearing this wristband is important and smart,
It keeps me safe and helps me play my part.
By taking my medicine every day,
I stay strong and can learn and play."



So back to the forest, where the green trees swayed,
Alice and all her new friends laughed and played.
She was happy and healthy, as free as before,
But now her friends knew what to keep an eye out for.

So, just like Alice, if you feel low,
Remember that medicine can help you grow.
Adrenal insufficiency can be tough, it's true,
But with love and care, there's nothing you can't do!



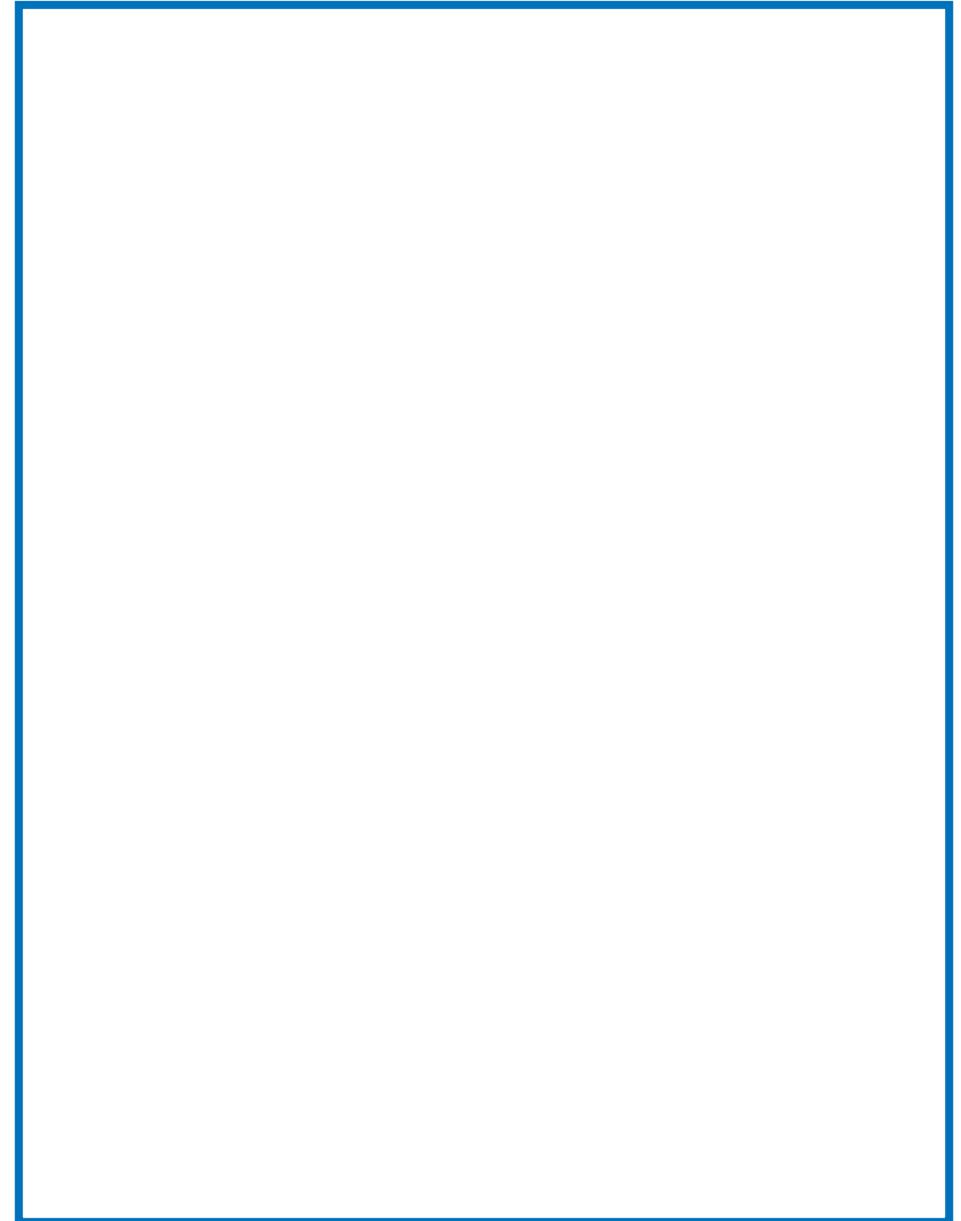
Can you find all the words in the wordsearch below?

U	Y	M	L	O	R	E	S	P	L	N	I	A	D	T
D	Y	O	E	P	C	A	M	E	Y	I	R	N	L	I
N	Q	A	K	V	A	L	E	R	T	B	A	N	D	N
S	P	N	D	E	A	L	H	L	E	L	A	S	S	S
T	D	O	C	E	H	C	O	L	G	M	R	T	C	U
G	I	I	S	H	O	S	E	L	N	M	F	E	Y	F
W	L	H	A	R	I	I	A	E	C	I	L	R	H	F
A	N	T	A	T	G	N	D	F	P	L	F	O	R	I
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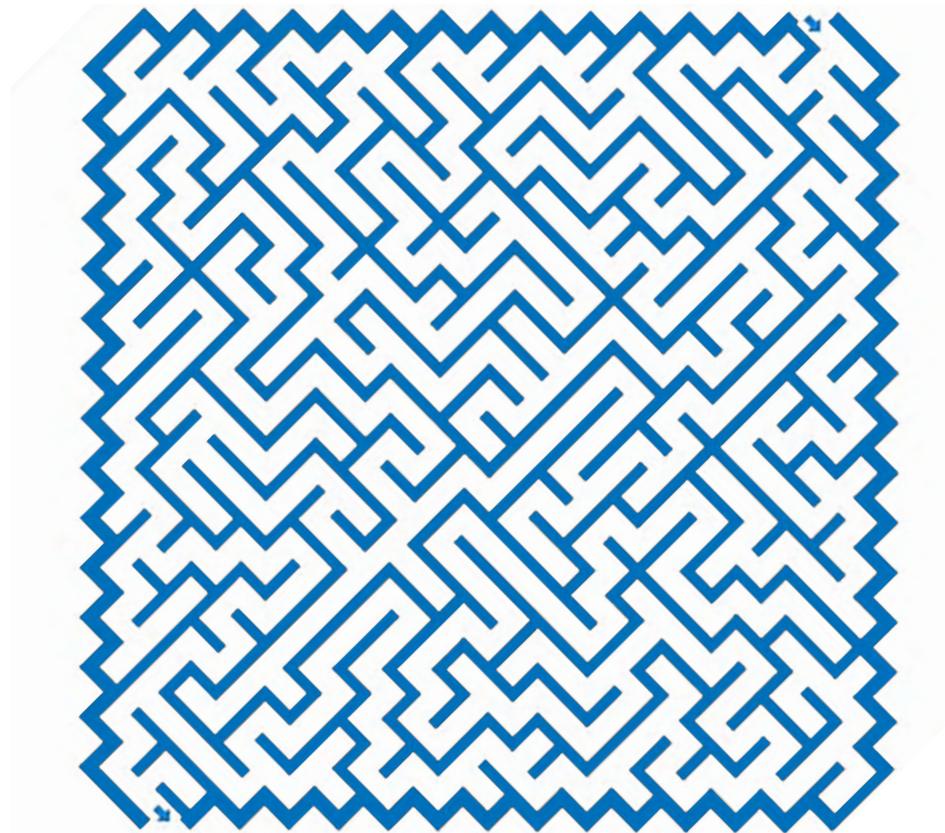
Adrenal gland
Insufficiency
Alert band
Alice
Benny

Millie
Cave
Cortisol
Steroids
Forests

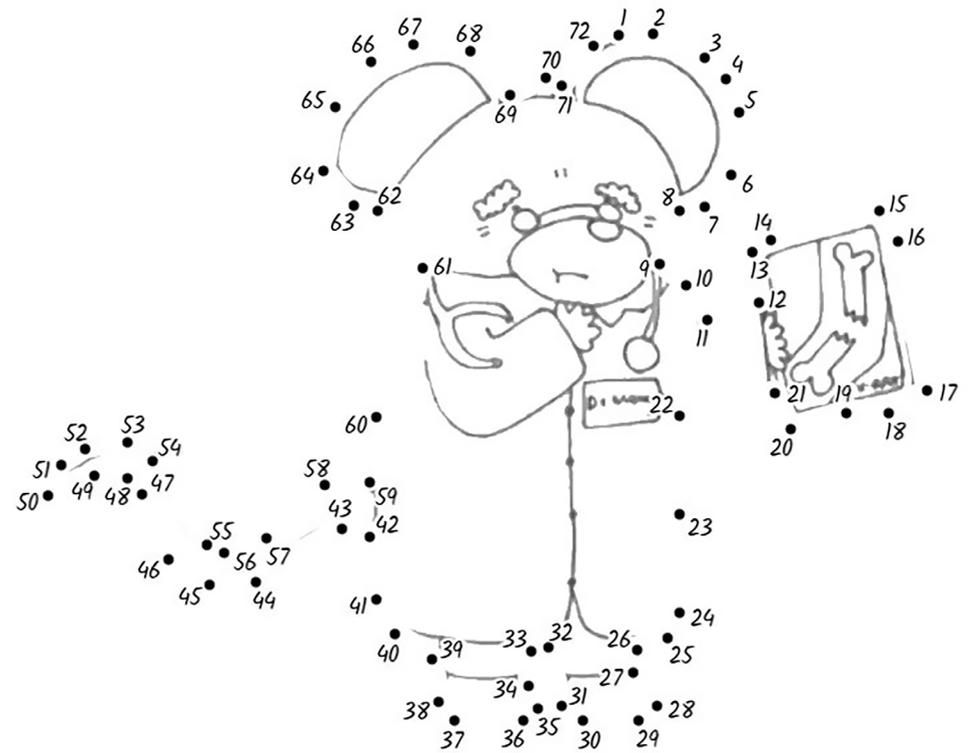
Draw your favourite forest friend in the box below.



Reunite Alice with her medicine and colour her in



Can you connect all the dots and colour in Dr Millie





What did you think of your care?

Visit: www.leedsth.nhs.uk/patients/support/feedback-complaints/friends-family-test/

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