

Information card for patients with APS-1/APECED

Name: _____

Address: _____

Treating physician: _____

Address: _____

Telephone: _____ E-mail: _____

The above mentioned person has autoimmune polyendocrine syndrome type 1 (APS-1), also called Autoimmune polyendocrinopathy-candidiasis-ectodermal dystrophy (APECED). The main components of this disease are hypoparathyroidism, adrenal failure and chronic candida infections. Many are treated with vitamin D in order to keep calcium levels in the near normal range, and glucocorticoids (hydrocortisone or cortisone acetate) and fludrocortisone to replace lost steroid production in the adrenals.

During stress glucocorticoid doses must be increased, either doubled or tripled. If the patient is unable to take or keep tablets (vomiting/diarrhoea), glucocorticoids must be given parenterally and the patient should be referred to a hospital.

Hypoclaemia or hypercalcaemia because of overtreatment with vitamin D preparations, may require acute treatment in hospital. Please do not hesitate to contact the treating physician in case of severe hypo- or hypercalcaemia.

Eystein Husebye MD, PhD

For the EurAPS Study Group