



Australasian Blistering Diseases Foundation
www.blisters.org.au

Australasian Blistering Diseases Foundation Membership Form

Membership of the ABDF is free. If you would like to join our foundation please complete the below form and email to info@blisters.org.au or mail to:

Australasian Blistering Diseases Foundation
"The Church"
17 Kensington Street
KOGARAH NSW 2217

Full name: _____

Address: _____

Phone: _____

Email: _____

Do you or someone you know have a blistering disease? (please note the ABDF welcomes all members)

Yes Name of specialist: _____

Please circle:

Me Relative Friend

No

The ABDF is a registered charity and relies on grants, donations and fundraising to continue its valuable work. If you would like to make a donation please visit our donations page at www.blisters.org.au for payment details.

Thank you for your support.

What are blistering diseases?

Blistering diseases are a rare group of diseases which cause blistering and erosions in the skin and/or mucous membranes. Blisters and erosions are painful, and can also cause problems with swallowing or vision.

Types of blistering diseases

Autoimmune Blistering Diseases

- Bullous Pemphigoid
- Pemphigus vulgaris
- Pemphigus foliaceus
- Paraneoplastic pemphigus
- Mucous membrane pemphigoid
- Epidermolysis bullosa acquisita
- Linear IgA disease
- Bullous lupus
- Dermatitis herpetiformis

Genetic Blistering Diseases

- Epidermolysis Bullosa

Causes

Normal skin contains a number of proteins that 'glue' the skin together. People born with inherited blistering diseases are born without a normal amount of these proteins. Autoimmune blistering diseases are caused by an aberrant immune response which attacks skin adhesion molecules. The cause of the abnormal immune process is not known. All these processes cause the skin to blister and form painful erosions.

Diagnosis

Blistering diseases are diagnosed by a combination of clinical appearance and diagnostic tests. A skin biopsy is needed to confirm the diagnosis and distinguish between different types of blistering diseases. Blood tests may also be used to measure the amount and type of auto-antibody in autoimmune blistering diseases, and for genetic testing in inherited blistering diseases.

Treatments

Autoimmune blistering diseases cannot be cured, but they can be controlled. They are treated with medications which suppress the immune system. Inherited blistering diseases are treated with non-stick bandages and other supportive measures.

What is the ABDF?

The ABDF was founded 10 years ago by Professor Dédée Murrell and Dr Linda Martin. Understanding that being diagnosed with a rare, life-threatening and incurable disease can be quite frightening for patients and their families, the ABDF seeks to provide information and support to these patients and their families. The ABDF also funds vital research into better diagnosis and more treatment options for this rare group of diseases.

Research

- Participation in worldwide clinical trials
- Funding of research into the cause, diagnosis and treatment of blistering diseases
- Participation in international research projects
- Research and publications in international medical journals.

Education

- Basic facts about the diseases
- Information about available treatments
- Updates on current research
- Participation in clinical trials
- Patient-doctor meetings
- Increasing public awareness
- Education for health care professionals.

Support

- Advice on living with the disease
- Dedicated EB nurse, St George Hospital.
- Local support groups
- Email discussion group.

How can I help?

The ABDF is a registered charity and relies on grants, donations and fundraising to continue its valuable work. If you would like to make a donation please visit our donations page at www.blisters.org.au for payment details. You can also support us by completing the attached form and becoming a member. Membership is free.