

Diabetes

August 3, 2022



You need to watch what you eat, when you eat it, and how much you eat to avoid symptoms such as thirst, weight loss, fatigue, blurred vision, or numbness in the hands and feet. Choose or roll on the following table.

d10	Effect
1-4	Hyperglycemia
5-6	Hypoglycemia
7-10	Both

Hyperglycemia. If you eat too many carbohydrates in a short amount of time (e.g., a meal with more than a serving of grains, more than one alcohol drink, or more than one sweet food serving), you must succeed on a DC 10 + (IE) Constitution saving throw or become hyperglycemic and add 1d4 of the following experiences until you take a short rest: [Nausea](#), [Shortness of Breath](#), [Weakness](#), [Confusion](#), [Body Pain \(Abdominal\)](#). Roll for IE for each. Failure to take a short rest will increase the IE of each experience every hour and add an additional experience from the list. Once one of the added experiences exceeds IE 4, you enter a [Coma](#).

Hypoglycemia. If you eat too few carbohydrates (you must eat at least a snack every three hours or less) or drink alcohol (yes, it can work either way) you must succeed on a DC 10 + (IE)

Constitution saving throw every minute or become hypoglycemic and obtain one of the following traits, cumulative until you succeed on the saving throw: [Confusion](#), [Fainting](#), [Agitation](#), [Tremor](#), or [Vertigo](#), which last until you get a serving of carbohydrates.

Real-world Examples

Diabetes, Polycystic Ovary Syndrome

Assistive Options

Closely monitoring your diet is the key to managing this, and allies who help when asked are invaluable.

Magical Assistance

The [Goodberry](#) spell, if used without other foods or drinks except for water, will maintain blood sugar for the duration of the spell.

Delayed Puberty

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Even though, according to your age and ancestry, you would typically have physically developed adult characteristics, these characteristics are delayed or absent in you. Whatever the typical age of maturity for your ancestry, it takes you twenty percent \times IE longer to develop these characteristics. Until you reach this age, you have advantage on Charisma (Deception) checks to present yourself as a child and disadvantage on Charisma (Intimidation) checks.

Real-world Examples

Constitutional Growth Delay, Celiac Disease, Klinefelter's Syndrome, Turner Syndrome

Assistive Options

Because this can lead to being infantilized due to being perceived as a child, support and respect from your party helps reinforce to others that they should respect you and treat you as an adult.

Magical Assistance

Magic that affects a person's appearance and voice, such as a [Seeming](#) spell, can assist with this for the duration.

Agitation

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You get annoyed or restless easily, more than is typical, with less provocation than expected for your emotional response. This can lead to difficulty in social settings and relationships. When this feeling surfaces, you must succeed on a DC 8 + (IE) Wisdom (Insight) check to realize that your feelings are an agitation flare-up. On failure, you can make another check every round. Until successful, you have a -(IE) penalty on all Charisma checks except Charisma (Intimidation), with which you have a +(IE) bonus. You also have a +(IE) bonus to saving throws against being charmed.

Real-world Examples

Anxiety, Depression, Bipolar Disorder, Hypothyroidism, Autism,

Attention Deficit Hyperactivity Disorder

Assistive Options

Using a short rest for relaxation, breathing exercises, or meditation will stop the episode and prevent another one for at least 1d4 hours after unless faced with significant provocation that would agitate a typical person.

Magical Assistance

The [Calm Emotions](#) spell eliminates Agitation for the duration of the spell on a failed saving throw, but you have a +(IE) bonus to the saving throw.

Endocrine

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d20	Trait
1-3	Agitation
4-5	Delayed Puberty
6-8	Diabetes
9	Infertility
10	Intersex
11-14	Temperature Intolerance

d20	Trait
15–16	Vertigo
17–20	Weight Difference

Paradoxical Myotonia

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Your muscles in (IE) limbs stiffen, and you have difficulty relaxing them. This trait is triggered by exercise or cold. When affected, your limbs are difficult or impossible to move without extreme pain if at all. You have a -(IE) penalty to any action that would use that limb, including attack rolls. When you take any amount of cold damage or attempt an attack that requires a fast or jarring motion to your muscles, make a Strength or Dexterity (Acrobatics) check, whether successful or not, you must succeed on a DC 8 + (IE) Constitution saving throw or experience stiffening. On failure, the exercise is painful, and you need to succeed on a DC 8 + (IE) Constitution check to fight the pain and continue to hold anything in the affected hands or to avoid falling prone in the case of legs. Walking on a forced march will also require success of a DC 8 + (IE) Constitution saving throw every two hours to avoid the effect. The effect lasts until you take a short rest.

Real-world Examples

Paramyotonia Congenita

Assistive Options

This condition is assisted by avoiding the triggers. You have no trouble casting most spells or firing crossbows (although

loading all but hand crossbows is difficult) and ranged weapons, such as blowguns, that don't require muscle strain or sudden movements.

Magical Assistance

A Potion of Relaxation is effective against Paradoxical Myotonia.

Hiccups

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You get hiccups (IE)d4 times per day. You don't know when to expect them, and they're painful and last (IE)d10 minutes. (The GM should roll at the beginning of the day and roll or choose random times throughout the upcoming day.) During a bout of hiccups, you must succeed on a DC 10 + (IE) Constitution check to successfully cast a spell with a verbal component. On failure, the spell fails, but the spell slot is not used. Because of the painful distraction, you must also succeed on a DC 8 + (IE) Constitution saving throw to maintain concentration each round on an applicable spell. You also have a -(IE) penalty on Charisma (Persuasion) and Charisma (Intimidation) checks during a bout of hiccups. If a bout of hiccups occurs during a long rest, it will disrupt the benefits of the rest, depending on when the bout starts and how long it lasts.

Real-world Examples

Traumatic Brain Injury, Multiple Sclerosis, Diabetes, Kidney Disease, Anxiety

Assistive Options

Common treatments for hiccups don't help with chronic hiccups. A successful DC 5 + (IE) Wisdom (Medicine) check by a trained practitioner after a one-hour acupuncture treatment will reduce the IE by 1 for the rest of the day.

Gross Motor Control Loss

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You have trouble with larger body movements, such as jumping, throwing, walking, running, and maintaining balance. You have a -(IE) penalty on all melee attack rolls to hit and Strength (Athletics) and Dexterity (Acrobatics) checks and Dexterity saving throws. Spells with somatic components usually need to be modified to work within your physical range, requiring (IE) days for every hour normally needed to inscribe into your spellbook and double the cost due to experimentation materials. You may replace one of your other traits with [Muscle Control & Gait Difference](#).

Real-world Examples

Dyspraxia, Friedreich's Ataxia, Wilson's Disease, Parkinson's Disease, Multiple Sclerosis, Cerebral Palsy, Paraneoplastic Syndromes, Neuropathy, Spinal Injuries

Assistive Options

Leg braces, crutches, walkers, rollators, and canes can reduce the IE penalty by 1 for Dexterity checks and saving throws. Braces take one minute to put on and cannot be worn while sleeping, and the others, unless designed for use as weapons,

require one hand to be used for balance.

Fine Motor Control Loss

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You have trouble making precise movements, especially with your hands and arms. You have a $-(IE)$ penalty on all Dexterity (Sleight of Hand) checks, Dexterity checks to write, or other attempts to use precision with your hands such as playing a musical instrument. Spells with somatic components usually need to be modified to work within your physical range, requiring (IE) days for every hour normally needed to inscribe into your spellbook and double the cost due to experimentation materials. Transcribing spells with only verbal components into your spellbook takes $(IE) \times 4$ times as long as usual.

Real-world Examples

Dyspraxia, Friedreich's Ataxia, Wilson's Disease, Parkinson's Disease, Multiple Sclerosis, Cerebral Palsy, Paraneoplastic Syndromes, Neuropathy, Spinal Injuries

Assistive Options

Assistance for fine motor control loss takes the form of adapting the space around you to your needs and allowing extra time for anything requiring fine motor movements.

Cramps

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You experience sudden painful tightening of muscles in your body with little or no warning. This tightness makes the cramped part of your body completely unusable and distracting. This cramp may always be in the same body part or travel around the body, typically in the same region. The cramp lasts (IE)d4 minutes. At the end of the duration, you must succeed on a DC 8 + (IE) Strength saving throw or the cramp moves to a different part of the same region of the body, such as lower abdomen to upper abdomen or from calf to shin or from left leg to right leg for another (IE)d4 minutes, after which you must succeed on a DC 8 + (IE) Strength saving throw or continue the process, the DC decreasing by 1 each time. Any action that requires concentration (e.g., maintaining a spell) requires a successful DC 10 + (IE) Constitution saving throw per round to maintain concentration.

Real-world Examples

Restless Leg Syndrome, Diabetes, Addison's Disease, Kidney Failure, Parkinson's Disease, Cirrhosis, Sarcoidosis

Assistive Options

When a cramp starts, if you can continuously stretch the affected muscle, which gives disadvantage on all other physical actions except saving throws, you get a +1 bonus to the next Strength saving throw.

Muscular

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d20	Trait
01-10	Cramps
11-14	Fine Motor Control Loss
15-17	Gross Motor Control Loss
18-19	Hiccups
20	Paradoxical Myotonia