

# Pervasive Hunger

August 3, 2022

You are always hungry and have difficulty gaining weight. You must eat an additional (IE) days' worth of food to maintain your weight or experience one of the following after ten days of not eating enough (1d4 to determine, IE 1): [Skeletal Flexibility](#), [Hyperelasticity](#), [Fatigue](#), or [Immunocompromised](#) until one day after eating enough to compensate.

## Real-world Examples

Hyperthyroidism, Diabetes, Inflammatory Bowel Disease, Congenital Central Hypoventilation Syndrome

## Assistive Options

Besides eating more often, high calorie foods, including grains, oils, and nuts, can help achieve the needed calorie intake.

## Magical Assistance

Multiple uses of [Goodberry](#) or [Create Food and Water](#) can help assist with the extra needed food.

---

# Incontinence

August 3, 2022

You have difficulty controlling when or how your body voids your bladder or colon. When you feel the urge, you have 1d4 ÷ (IE) minutes, after which you must succeed on a DC 8 + (IE) Strength saving throw to prevent the release every round, the DC increasing +1 cumulatively per round. If this is a triggered

trait, typical triggers include active movement (actions requiring a physical ability check), coughing and sneezing, or taking damage.

### **Real-world Examples**

Pregnancy, Menopause, Multiple Sclerosis, Diabetes, Pelvic Floor Disorders, Enlarged Prostate

### **Assistive Options**

Scheduling regular “timed voidings” and urinating before physical activities can keep your bladder empty enough to avoid leakage.

---

# **Constipation**

August 3, 2022

You have ongoing difficulty passing stool. Every three days, you must succeed on a DC 8 + (IE) Strength check during a rest to do so effectively or experience either IE 1 abdominal [Cramps](#) or [Nausea](#) until making a successful check, which can be attempted during every rest.

### **Real-world Examples**

Hypothyroidism, Diabetes, Uremia, Hypercalcemia, Irritable Bowel Syndrome, Diverticular Disease, Spinal Cord Injury, Multiple Sclerosis, Parkinson’s Disease, Lazy Bowel Syndrome, Amyloidosis, Lupus, Scleroderma

### **Assistive Options**

A steady diet of high-fiber, low fat foods for the entire three-day duration beforehand gives a +1 bonus to the Strength saving

throw.

---

# Paresthesia & Phantom Pain

August 3, 2022

You experience stimulation unrelated to external stimuli in your extremities, even those you don't have, such as an amputated limb or wings. This may manifest as tingling all the way to sharp pain. Whenever you experience this while you are concentrating on a spell, you must succeed on a DC 8 + (IE) Constitution saving throw to maintain your concentration.

## Real-world Examples

Radiculopathy, Neuropathy, Diabetes, Multiple Sclerosis, Phantom Pain Syndrome

## Assistive Options

Taking at least (IE) short rests each day (spread evenly throughout the day) will reduce Paresthesia by 1 IE until the next needed short rest.

---

# Fissures

August 3, 2022

Your skin is fragile and often dry, leading to ongoing splits even without taking damage. You must succeed on a DC 5 + (IE) Constitution saving throw every day or develop Infection.

## **Real-world Examples**

Dermatitis, Psoriasis, Eczema, Diabetes, Angiopathy

## **Assistive Options**

Washing the affected areas and applying oil three times per day will reduce the IE by 1 the next day.

## **Magical Assistance**

Healing magic can be applied directly to splits to prevent infections instead of healing hit points.

---

# **Immunocompromised**

August 3, 2022

You have a -(IE) penalty on all saving throws against disease.

## **Real-world Examples**

Addison Disease, Celiac Disease, Dermatomyositis, Graves Disease, Hashimoto Thyroiditis, Multiple Sclerosis, Myasthenia Gravis, Pernicious Anemia, Reactive Arthritis, Rheumatoid Arthritis, Sjögren Syndrome, Systemic Lupus Erythematosus, Diabetes, Down Syndrome

## **Assistive Options**

This is managed by avoiding diseases when possible.

## **Magical Assistance**

Magic that cures diseases can cure a disease once infection happens but cannot be used proactively.

---

# Weight Difference

August 3, 2022

You gain weight unrelated to diet and exercise. After every adventure or major campaign arc, you must succeed on a DC 8 + (IE) Constitution saving throw. On failure, your weight has increased by  $IE \times 2d6$  percent. On success, your weight has decreased by  $IE \times 1d4$  percent. For every fifty percent increase, you have a -1 penalty on Dexterity (Acrobatics) and Strength (Athletics) checks. For every ten percent decrease, you experience Temperature Sensitivity for 3d20 days as your body acclimates itself and must succeed on a DC 8 + (IE) Constitution saving throw or experience [Fatigue](#) until you succeed on the saving throw, which you can attempt daily after a long rest. You have a +(IE) bonus to Strength (Athletics) checks for swimming.

## Real-world Examples

Hypothyroidism, Depression, Insomnia, Menopause, Cushing's Disease, Polycystic Ovarian Syndrome, Congestive Heart Failure, Sleep Apnea, Edema, Diabetes, Down Syndrome

## Assistive Options

Because this gain is unrelated to diet and exercise, little can be done besides acceptance.

---

# Infertility

August 3, 2022

You have difficulty having biological children, impregnating someone, getting pregnant, or staying pregnant to term. While this rarely has a role in most games, the GM and player should carefully discuss its role in the game with each other and with other players, making use of [safety tools such as Lines & Veils](#). While this is true of every trait in the game, the likelihood of adult players being affected personally by this trait and the relative trauma associated with it is extremely high. While fertility rates will vary by ancestry, the likelihood decreases by (IE) × 25 percent.

## Real-world Examples

Miscarriage, Stillbirth, Diabetes, Celiac Disease, Cushing's Syndrome, Sickle Cell Anemia, Polycystic Ovary Syndrome, Cystic Fibrosis, Varicocele, Hypogonadism, Endometriosis

## Assistive Options

People who would like to have children but cannot due to infertility have introduced a third party to compensate, but this has many potential emotional challenges. Many consider adoption a preferable alternative that, while having its own challenges, also has obvious benefits for the adopted child. Mostly, compassion, not making suggestions, provides the greatest benefit.

## Magical Assistance

Legends of magical solutions to infertility abound, but they almost always come at great cost. Hags can assist in this issue, but hags are also known for the tragedy and corruption associated with their assistance.

---

# 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.

---

# Hiccups

August 3, 2022

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.