

# Cramps

August 3, 2022

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.

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# Nose Difference

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<b>d100</b>	<b>Difference</b>
1–15	Bulbous
16–26	Enlarged
27–34	Elongated
35–39	Hanging
40–49	Hooked
50–54	Inverted nostrils
55–67	Fissures
68–75	Porcine
76–85	Recessed
86–100	Warped

You have a nose that's outside of the expected range of shapes for your ancestry. This gives you +(IE) to Dexterity (Sleight of Hand) checks but -(IE) to Charisma (Persuasion) checks with people who don't know you due to many people's discomfort around those with unexpected appearances.

## Real-world Examples

Rhinophyma, Deviated Septum, Rosacea, Wegener's Granulomatosis, Sarcoidosis, Relapsing Polychondritis

## **Assistive Options**

The character can wear a helmet or other face covering to conceal the difference, but note that people in some cultures may tend to be less trusting of those with covered faces, giving disadvantage on Charisma (Persuasion) checks.

## **Magical Assistance**

The [Seeming](#) spell can alter a person's appearance to mask this and other cosmetic differences.

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# **Moisture Loss**

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Your eye sockets don't produce enough moisture, so you need to use saline drops regularly, (IE) times every 12 minutes or have a -(IE) penalty on all sight-based rolls until applying saline drops or closing your eyes for at least 1 minute.

## **Real-world Examples**

Posterior Blepharitis, Sjögren Syndrome, Rheumatoid Arthritis, Lupus, Sarcoidosis

## **Assistive Options**

Characters must carry a skin of saline water to replenish the eyes' moisture.